

FOCUS KARATE SCHEDULE

March, April, May

NOTE CLOSING & OTHER DATES ON BACK OF SCHEDULE

Mondays:

5:50 - 6:30 PM *Trial Program, White, Yellow, Orange, Green*
6:30 - 7:10 PM Sr. Green, Blue, Blue Leader, Purple, Brown, Red, Candidates
7:15 - 8:15 PM Adult Jiu Jitsu (open mat after class for participants)

Tuesdays:

9:40 - 10:10 AM Adult Kettle Bell Workout
4:00 - 4:30 PM Little Ninjas (Ages 3-4) - must pre-register
4:30 - 5:10 PM Orange, Green, Sr. Green, Blue
5:10 - 5:50 PM *Trial Program, White, Yellow, Orange*
5:50 - 6:30 PM Masters Club & Black Belts
6:30 - 7:10 PM Blue Leader, Purple, Brown, Red, Candidates
7:15 - 8:15 PM Adult Jiu Jitsu & MMA
Open mat after class for class participants

Wednesday:

7:15 - 8:15 PM Adult Jiu Jitsu (open mat after class for participants)

Thursdays:

9:40 - 10:10 AM Adult Kettle Bell Workout
4:20 - 5:00 PM *Trial Program, White, Yellow, Orange, Green*
5:00 - 5:30 PM Little Ninjas (Ages 3-4) - must pre-register
5:30 - 6:10 PM Masters Club + Black Belts
6:10 - 6:50 PM Sr. Green, Blue, Blue Leader, Purple, Brown, Red, Candidates
7:15 - 8:15 PM Adult Jiu Jitsu & MMA
Open mat after class for class participants

Fridays:

(No classes May 14)
5:00 - 5:40 PM Green, Sr. Green, Blue, Blue Leader, Purple, Brown, Red, Candidates
5:40 - 6:20 PM *Trial Program, White, Yellow, Orange, Green*
6:30 - 7:30 PM Adult Jiu Jitsu & MMA - must pre-register

Saturdays:

3:30 - 4:30 PM Adult Jiu Jitsu & MMA
Open mat after class for class participants

Youth Karate students should wear gi tops and pants. On sparring days, or if the temperature is over 80 degrees F, students may wear logo T-shirts.

ORANGE, GREEN, and SR. GREEN BELTS -- Come to Blue Belt level to sparr (see back of schedule for sparring class dates).

Private Lessons are available with a Black Belt Instructor at a rate of \$100 per 30 minute session. Adults may also arrange private lessons. Rates vary - check with our office.

(952) 946-1047

www.focuskarate.com