

# Carolina Karate Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:30m						3 & 4 Year Old Class
9:30-10m						3&4 Year Old Class
11am-12pm		Karate Adult -All Levels		Karate Adult -All Levels		Tournament Training
12-:12:30pm		3&4 Year Old Class		3&4 Year Old Class		
1-1:30pm		3&4 Year Old Class		3&4 Year Old Class		
3-3:30pm			3&4 Year Old Class			
4-4:50pm	Kids Intermediate (5-7year olds) Stripes	Kids Beginner (5-7 year olds) Stripes	Kids Intermediate (5-7 year olds) Stripes	Kids Beginner (5-7 year olds) Stripes		
5-5:50pm	Youth Intermediate (8-13 year olds)	Youth Advanced (8-13 year olds)	Youth Intermediate (8-13 year olds)	Youth Advanced (8-13 year olds)	Sparring Class Youth 5:30-6:30pm	
6-6:50pm	New Impact	Youth Beginner (8-13 year olds)	Youth Beginner (8-13 year olds)	Youth Beginner (8-13 year olds)	Sparring Class Adults 6:30-7:30pm	
7-7:50pm	Cardio Combat	Adult Beginner	Cardio Combat	Adult Beginner	Elite Training 7:30-8:30pm By Invitation Only	
8-8:50pm	Elite Training By Invitation Only	Adult Int/Adv	Elite Training By Invitation Only	Adult Int/Adv		

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