

School Director: Program Director:

# USA KARATE

651-528-6628

[www.usa-karate.net](http://www.usa-karate.net)

Jacob Kahn

John Lysaght

## Woodbury

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Effective: 11/11/2016				Graduation takes place the second Friday of each month	9:00 Superkids
Talk to Mr. Kahn to schedule Private lesson.					9:30 All Juniors
Specialty classes are offered for green belts and above.					10:00 Sparring
					10:45 All Adults
5:00 Purple-Adv Blue Juniors	5:00 Superkids	5:00 Gold-Green Juniors	5:00 Red-Adv Brown Juniors	5:00 White Juniors	11:30 Tournament Forms
5:45 White Juniors	5:30 Red-Adv Brown Juniors	5:30 Intro/Private Lesson	5:45 Gold-Green Juniors	5:30 Forms (basics)	12:00 Weapons
6:15 Red-Adv Brown Juniors	6:15 Intro/Private Lesson	6:00 White Juniors	6:15 Purple-Adv Blue	6:00 Team Fury	12:45 Tricking
7:00 Family	6:45 Gold-Green Juniors	6:30 Purple-Adv Blue Juniors	7:00 Superkids	6:45 Pretest	
7:30 All Adults	7:15 Team Fury	7:15 Sparring	7:30 Black Belts	7:15 Demo Team (invite by Mr. Kahn)	
8:15 Adult forms	8:00 All Adults	8:00 Black Belt Forms	8:15 All Adults	Open Gym	
Open Gym	Open Gym	Open Gym	Open Gym		