

USA KARATE

School Director
John Lysaght

Program Director:
Brenda Thomas

Anoka
763-427-0440

EFFECTIVE:
1/8/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 ALL BELTS E		10:30 ALL BELTS E		9:00 WHITE J
					9:30 SUPERKIDS
					10:00 GOLD/GREEN J
					10:30 PURPLE/BLUE J
4:45 PURPLE/BLUE J	4:45 RED/BROWN J	4:45 GOLD/GREEN J	4:45 WHITE J	5:00 PURPLE/BLUE J	11:00 SPARRING E
5:15 OPEN GYM	5:30 WHITE J	5:15 TRICKING	5:15 SUPERKIDS	5:30 GOLD/GREEN J	11:30 RED/BROWN J
5:45 GOLD/GREEN J	6:00 SUPERKIDS	5:45 PURPLE/BLUE J	5:45 PURPLE/BLUE J	6:00 RED/BROWN/BLACK E	12:15 ALL BELTS A
6:15 RED/BROWN J	6:30 GOLD/GREEN J	6:15 WEAPONS J	6:15 OPEN GYM	<p>Graduation is the second Monday of every month. No classes on graduation day.</p> <p>Ask about group rates and family discounts!</p> <p>All students should bring hand pads and foot pads to each class.</p> <p>Red belts and above should bring a bo to each class.</p> <p>Weapons and sparring classes are available to green belts and above.</p>	
7:00 BLACK E	7:00 PURPLE/BLUE J	6:45 RED/BROWN J	6:45 RED/BROWN J		
7:45 ALL BELTS A	7:30 TOURNAMENT TEAM E	7:30 TOURNAMENT PREP E	7:30 TOURNAMENT TEAM E		
	8:15 ALL BELTS A	8:00 ALL BELTS A	8:15 BLACK E		