

# USA KARATE

School Director  
John Lysaght

Program Director  
Brenda Thomas

*Brooklyn Center*  
763-427-0440

Effective:  
11/11/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>J = JUNIORS                      A = ADULTS</p>					9:00 White/Gold/Green J
					9:30 Purple/Blue J
					10:00 Red/Brown/Black J
					10:45 All Belts A
4:45 White/Gold/Green J	4:45 Red/Brown/Black J	4:45 White/Gold/Green J	4:45 Purple/Blue J		
5:15 Purple/Blue J	5:30 White/Gold/Green J	5:15 Purple/Blue J	5:15 Red/Brown/Black J		
5:45 Weapons	6:00 Purple/Blue J	5:45 Sparring J	6:00 White/Gold/Green J		
6:15 Red/Brown/Black J	6:30 All Belts A	6:15 Red/Brown/Black J	6:30 All Belts A		
7:00 All Belts A		7:00 Sparring A			