

# USA KARATE

School Director  
John Lysaght

Program Director  
Brenda Thomas

*Andover*  
763-427-0440

Effective:  
11/11/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>J = JUNIORS                      A = ADULTS</b>					8:30 Parent/Child Ages 1 1/2 - 3
					9:00 White/Gold/Green E
					9:30 SuperKids Ages 3-5
					10:00 Purple/Blue E
4:45 White/Gold/Green J	4:45 SuperKids Ages 3-5	4:45 Superkids Ages 3-5	4:45 White/Gold/Green J	4:45 White-Blue E	10:30 Ground Self-Defense E
5:15 Purple/Blue J	5:15 White/Gold/Green J	5:15 Red/Brown/Black J	5:15 SuperKids Ages 3-5	5:30 Red/Brown/Black E	11:15 Red/Brown/Black Pre-Test
5:45 Tricking	5:45 Purple/Blue J	6:00 White/Gold/Green J	5:45 Purple/Blue J	6:15 Assistant Training (By Invite Only)	12:00 Conditioning E
6:15 Weapons	6:15 Red/Brown/Black J	6:30 Sparring E	6:15 Brown/Black J		
6:45 Red/Brown/Black J	7:00 Beginner Team (Year Round)	7:15 Purple/Blue J	7:00 Red J		
7:30 Conditioning E	7:45 Conditioning E	7:45 Conditioning E	7:30 Conditioning E		
8:00 All Belts A	8:15 All Belts A	8:15 All Belts A	8:00 All Belts A		