

USA KARATE

School Director
John Lysaght

Program Director
Brenda Thomas

Woodbury
763-427-0440

Effective:
12/14/2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>J = JUNIORS A = ADULTS</p>					9:00 SuperKids Ages 3-5
					9:30 All Belts J
					10:00 All Belts A
					10:45 Conditioning
4:45 SuperKids Ages 3-5	4:45 White-Green J	4:45 Parent/Child Ages 1 1/2 - 3	4:45 SuperKids Ages 3-5		11:15 Pre-Test
5:15 Red-Black J	5:15 Purple-Blue J	5:15 White-Green J	5:15 White-Green J		11:45 Assistant Training (By Invitation)
6:00 White-Green J	5:45 Weapons E	5:45 Red-Black J	5:45 Purple-Blue J		
6:30 Sparring E	6:15 Tricking E	6:30 Purple-Blue J	6:15 Beginner Team		
7:15 Purple-Blue J	6:45 Red-Black J	7:00 Tournament Prep	7:00 Red-Black J		
7:45 All Belts A	7:30 Advanced Team	7:30 All Belts A	7:45 All Belts A		
8:30 Conditioning E	8:15 All Belts A	8:15 Black E	8:30 Conditioning E		