

# USA KARATE

School Director  
John Lysaght

Program Director  
Brenda Thomas

*Andover*  
763-427-0440

Effective:  
4/1/2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>J = JUNIORS                      A = ADULTS</b>					8:30 SuperKids Ages 3-5
					9:00 White/Gold/Green J
					9:45 Purple/Blue J
					10:30 Ground Self-Defense E
4:00 All Belts A	4:45 SuperKids Ages 3-5	5:00 Red/Brown/Black J	4:45 White/Gold/Green J	4:00 All Belts A	11:00 Red/Brown/Black J
4:45 White/Gold/Green J	5:15 White/Gold/Green J	6:00 White/Gold/Green J	5:30 SuperKids Ages 3-5	4:45 White-Blue E	12:00 Team Practice
5:30 Purple/Blue J	6:00 Purple/Blue J	6:45 Sparring E	6:00 Purple/Blue J	5:30 Red/Brown/Black E	12:45 All Belts A
6:15 Tricking E	6:45 Red/Brown/Black J	7:30 Purple/Blue J	6:45 Red/Brown/Black J		
6:45 Weapons E	7:45 All Belts A	8:15 All Belts A	7:45 All Belts A		
7:15 Red/Brown/Black J					
8:15 Tournament Practice					