

# USA KARATE

School Director  
John Lysaght

Program Director  
Brenda Thomas

*Andover*  
763-427-0440

Effective:  
7/15/2019

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