

2017 Pooler Karate Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Ninjas (White/Orange)		3:00-3:30 3:30-4:00 4:00-4:30		3:00-3:30 3:30-4:00 4:00-4:30		
Lil' Ninjas ADV. (Blue/Red)	3:00-3:30 3:30-4:00		3:00-3:30 3:30-4:00			
Junior White	4:10-5:00		5:00-5:45		4:10-5:00	11:00-11:50
Junior Yellow/Purple	5:00-5:45	4:30-5:15		4:30-5:15		11:00-11:50
Junior Orange/Blue		5:15-6:00	4:10-5:00	5:15-6:00		12:00-12:50
Junior Green/Black		6:00-6:45	5:45-6:30		5:45-6:30	12:00-12:50
Masters Club					5:00-5:45	
Black Belt			6:30-7:20			
Adult All Ranks	6:20-7:10	6:45-7:30		7:15-8:00		1:00-1:50
Forms Class	5:45-6:15					
Black Belt Club					6:30-7:15	
Fight Night					7:15-7:45	
Team 3 Checkmat - Youth (BJJ)		6:45-7:30		7:00-8:00		10:00-11:00
Team 3 Checkmat - Adult (BJJ)		9-10:30AM		9-10:30AM 8:00-9:30	7:45-8:45	9:00-11:00
Demo Team Practice				6:00-6:30		
Black Belt Team Workout				6:30-7:15		
Krav Maga (White/ Orange)	7:15-8:05	7:30-8:20	7:20-8:10			
Krav Maga Green- Black)	8:10-9:00	8:20-9:10	8:10-9:00			
Krav Maga All Ranks						
Krav Fight	9:00-9:15					
Rhythmic Gymnastics Beginner Class						3:00-3:45
Rhythmic Gymnastics Recreational Class						3:30-4:20
Rhythmic Gymnastics Level 3						4:00-5:30
Rhythmic Gymnastics Stretching Class						5:30-7:00
Rhythmic Gymnastics Competitive Class						5:30-8:00

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