

Pooler Karate Class Schedule (STARTS MAY 13, 2019)

		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
		Red	Grey	Blue	Red	Grey	Blue	Red	Grey	Blue	Red	Grey	Blue	Red	Grey	Blue	Red	Grey	Blue
Moms	Hot 'n Fit Mamas Class		5:15-6					4:30-5:10											
Lil' Ninjas (2-5)	White/Blue					3-3:30						3-3:30							
	Lil' Ninjas (Green/Red)		3-3:30								3-3:30								
Juniors	White	4:15-5:00			4:40-5:25			5:10-5:55											
	Yellow/Purple				5:35-6:20			5:15-6			4:40-5:25								
	Orange/Blue				5:45-6:30			4:15-5:00			5:35-6:20								
	Green/Red	5:10-6									6:30-7:15					5:15-6			
	Jr. Fight Night													6:45-7:30					
Adit	All Ranks	6:45-7:30			6:40-7:25						7:15-8								
	Fight Night													6:45-7:30					
	Forms Class	6-6:45																	
BB Club	Black Belt Club													6-6:45					
	Demo							7-8:00											
	Black Belt Team Workout											5:15-6:00							
BB Only	Black Belts							6:10-6:55				6-6:45							
	Masters Club													4:30-5:15					
IJJ	Lil' Rollers (2-5)			4-4:30						4-4:30									
	Youth Begginer			4:30-5:15						4:30-5:15						4:30-5:15			
	Youth Advanced			5:15-6						5:15-6						5:15-6			
	Adult			6:10-7:40		9-10:30a				6:10-7:40		9-10:30a			6:10-7:40			9-11:00	
Krav Maga	Level 1 White-Yellow		6:10-7					6:10-7				6:10-7:00							
	Level 2 Orange-Black		7-8:00					7-8:00				7:30-8:30							
	Level 3-Blue-Black only				7:30-8:20														
	Krav Weapons																	10-11:00	
	Krav Fight											7-7:30							
Gymnastic	Beginner Class																	3-3:30	
	Rec Class																	3:30-4:20	
	Level 3																	4-5:30	
	Competitive				6:30-8:30													6-8:00	

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