

Pooler Karate Back To School Schedule (Starts August 12th 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
Hot 'n Fit Mamas Class			5:15-6					4:30-5:10											
Lil' Ninjas	White/Orange					3-3:30						3-3:30							
	Lil' Ninjas (Blue/Red)		3-3:30								3-3:30								
Juniors	White	4:40-5:25			4:40-5:25			4:40-5:25											
	Yellow/Purple				5:35-6:20			5:35-6:20			4:40-5:25								
	Orange/Blue					5:45-6:30				5:35-6:20				4:40-5:25					
	Green/Red	5:35-6:20								6:30-7:15				5:25-6:10					
	Jr. Fight Night													6:55-7:40					
Adult	All Ranks	7-7:45				6:40-7:25					7:15-8								
	Fight Night													6:55-7:40					
Forms Class		6:20-7																	
BB Club	Black Belt Club																		
	Demo							7:20-8:00						6:10-6:55					
	Black Belt Team Workout											5:15-6:00							
Black Belts	Black Belts							6:20-7:10				6-6:50							
	Masters Club				6:40-7:30														
	Instructor Workout/SWAT	Last Tuesday of every Month					7:30-8:20												
BJJ	Lil' Rollers (2-5)			4-4:30															
	Youth Begginner			4:30-5:15														10-11:00	
	Youth Advanced			5:15-6														10-11:00	
	Adult			6:10-7:40			9-10:30a					9-10:30a						9-11:00	
Krav Maga	Level 1 White-Yellow		6:10-7									6:10-7:00							
	Level 2 Orange-Black		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																	3-3:45	
	Intermediate Class																	3:30-4:20	
	Pre-Team																	3:45-5	
	Competitive				6:30-8:00														



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