

# Pooler Karate Schedule

		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						5:15-6										
Lil' Ninjas	Beginner (White/Orange)					3-3:30						3-3:30							
	Advanced (Blue/Red)		3-3:30								3-3:30								
Juniors	White	4:40-5:25			4:40-5:25			4:40-5:25			4:40-5:25								
	Yellow/Purple				5:35-6:20			5:35-6:20			5:35-6:20								
	Orange/Blue				6:30-7:15						6:30-7:15								
	Green/Red	5:35-6:20												4:40-5:25					
	Jr. Fight Night													6:55-7:40					
Adult	All Ranks	7-7:45			7:25-8:10						7:15-8								
	Fight Night													6:55-7:40					
Forms Class		6:20-7																	
BB Club	Black Belt Club													6:10-6:55					
	Demo (BBC)							7:20-8:00											
	Black Belt Team Workout												5:25-6:10						
Black Belts	Black Belts							6:20-7:10					6:10-7						
	Black Belt Open Mat																		
	Masters Club					6:40-7:30													
	Instructor Workout	Last Tuesday of every Month					7:30-8:20												
BJJ	Lil' Rollers (2-5)			4-4:30						4-4:30									
	Youth Begginer			4:30-5:15						4:30-5:15						4:30-5:15			10-11:00
	Youth Advanced			5:15-6						5:15-6						5:15-6			10-11:00
	Adult			6:10-7:40			9-10:30a			6:10-7:40			9-10:30a			6:10-7:40			9-11:00
Krav Mage	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 (BBC)																		
	Krav Fight (BBC)												7-7:30					10-11:00	



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