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
Lil' Ninjas	Beginner (White/Orange)					3-3:30						3-3:30							
						3:30-4						3:30-4							
						4-4:30						4-4:30							
	Advanced (Blue/Red)		3-3:30						3-3:30										
			3:30-4						3:30-4										
			4-4:30						4-4:30										
Juniors	White	4:40-5:25			4:40-5:25			4:40-5:25											
	Yellow				5:35-6:20			5:35-6:20			4:40-5:25								
	Purple				5:35-6:20			5:35-6:20			4:40-5:25								
	Orange/Blue				6:30-7:15						5:35-6:20			4:40-5:25					
	Green/Red	5:35-6:20									6:30-7:15			5:25-6:10					
	Jr.Sparring Class													6:55-7:40					
Adult	All Ranks	7-7:45			7:25-8:10						7:15-8								
	Adult Sparring Class														6:55-7:40	6:55-7:40			
	Adult Fight Club (Invite Only)															7:45-8:30			
	Forms Class	6:20-7																	
	Instructor Training	Last Wednesday of every Month							8:10-9:00										
BB Club	Black Belt Club													6:10-6:55					
	Demo (BBC)							7:20-8:00											
	Black Belt Team Workout												5:25-7:00						
Black Belts	Black Belts							6:30-7:20											
	Black Belt Open Mat										6:10-7								
	Masters Club					6:40-7:30													
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			6:10-7:10						6:10-7:10						6:10-7:30			9-11:00
	Team 3 Competition			7:10-8						7:10-8									
Krav Mega	White		6:10-7						6:10-7										
	Yellow/Orange		7:10- 8						7:10 -8:00										
	Green-Brown						6:10-7					6:10-7:00							
	Black											7:10-8							
	Krav Hiit (All Ranks)														6:10-6:50				
	Black Belt Club						7:10-8												
	Krav Fight (BBC)														6:55-7:40	6:55-7:40			

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