

# Pooler Karate Schedule

Program		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday				
		Red	Grey	Blue	Red	Grey	Blue	Red	Grey	Blue	Red	Grey	Blue	Red	Grey	Blue	Red	Grey	Blue		
Little Ninjas	Beginner (White/Orange)				3:00-3:30						3:00-3:30								11-11:30		
					3:30-4:00						3:30-4:00										
					4:00-4:30						4:00-4:30										
Little Ninjas	Advanced (Blue/Red)	3:00-3:30						3:00-3:30												11-11:30	
		3:30-4:00							3:30-4:00												
		4:00-4:30							4:00-4:30												
Juniors	White	4:40-5:25			4:40-5:25			4:40-5:25													
	Yellow				5:35-6:20			5:35-6:20													
	Purple					5:35-6:20			5:35-6:20		4:40-5:25										
	Orange				6:30-7:15			6:30-7:15			5:35-6:20			4:40-5:25							
	Blue				6:30-7:15			6:30-7:15			5:35-6:20			4:40-5:25							
	Jr.Sparring Class	5:35-6:20									6:30-7:15			5:25-6:10							
Adult	All Ranks	7:00-7:45			7:25-8:10			7:15-8:00													
	Adult Sparring Class													6:55-7:40							
	Adult Fight Club (Invite Only)															7:45-8:30					
	Forms Class	6:20-7:00																			
Inst	Mandatory Instructor	Last Wednesday of every Month							8:10-9:00												
	Weekly Instructor Training	1:00-2:00	Teaching								1:30-2:30	Karate									
BB/MSTR Club	Black Belt Club													6:10-6:55							
	Demo Team (Invite Only)							7:20-8:00													
	Black Belt Team Workout											5:25-6:10									
	Black Belt							6:30-7:20													
	Masters Club						6:40-7:30														
BJJ	Homeschool Jiu-Jitsu (6-16)												1:00-2:00								
	Lil' Rollers (Beginner)		3:30-4:00						3:30-4:00												
	Lil' Rollers (Advanced)		4:00-4:30						4:00-4:30												
	Youth Beginner (6-12)		4:30-5:15	4:30-5:15		3:30-4:00			4:30-5:15	4:30-5:15		3:30-4:00			4:30-5:15	4:30-5:15				10-11:00	
	Youth Advanced		5:15-6:00	5:15-6:00					5:15-6:00	5:15-6:00					5:15-6:00	5:15-6:00					10-11:00
	Team 3 Competition (ALL)									6:10-6:55											
	Ladies Night		6:00-7:00																		
Krav Maga	Adult		7:00-8:00						7:00-8:00								6:10-7:40				
	Homeschool Kids Beginner				11-11:50														11-11:50		
	Homeschool Kids Advanced				12-12:50															12-12:50	
	Homeschool Kids BBC												12-12:45								
	White			6:10-7:00					6:10-7:00											6:10-6:50	
	Yellow/Orange			7:10-8:00					7:10-8:00												
	Green-Brown						6:10-7:00							6:10-7:00							
	Hiit (All Ranks)																			6:10-6:50	
	Black Belt Club							7:10-8:00													
	Black Belt													7:00-7:40							
	Masters Club													7:40-8:20							
Pooler Cheer	Black Belt Team																			6:55-7:40	
	Krav Fight (BBC)																				
	Lil Tumblers Age 2-4																			8:30-9:00	
	Tumbling																			9:00-9:30	
	Cheer Basics																			9:30-10:00	
Pooler Cheer	Cheer Level 1																			9:00-9:30	
	Cheer Stunt																			10-11:00	
																				11-12:00	



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