

# 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)				3-3:30						3-3:30						11-11:30			
					3:30-4						3:30-4							11:30-12		
					4-4:30						4-4:30									
Little Ninjas	Advanced (Blue/Red)	3-3:30						3-3:30									11-11:30			
		3:30-4						3:30-4									11:30-12			
		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				6:30-7:15						5:35-6:20			4:40-5:25						
	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						
Adult	Jr.Sparting Class													6:55-7:40						
	All Ranks	7-7:45			7:25-8:10						7:15-8									
	Adult Sparring Class													6:55-7:40						
Adult	Adult Fight Club (Invite Only)														7:45-8:30					
	Forms Class	6:20-7																		
Inet	Mandatory Instructor	Last Wednesday of every Month							8:10-9											
	Weekly Instructor Training	1-2:00	Teaching																	
BBWSTR 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 Masters Club					6:40-7:30				6:30-7:20										
BJJ	Homeschool Jiu-Jitsu (6-16)		2-3:00																11-12:00	
	Lil' Rollers (Beginner)		3-3:30						3-3:30											
			3:30-4:00							3:30-3										
	Lil' Rollers (Advanced)		4-4:30						4-4:30											
						3-3:30						3-3:30								
	Youth Beginner (6-12)		4:30-5:15	4:30-5:15						4:30-5:15	4:30-5:15				4:30-5:15	4:30-5:15			11-12:00	
	Youth Advanced		5:15-6	5:15-6						5:15-6	5:15-6				5:15-6	5:15-6			11-12:00	
	Youth Competition Team									6:10-6:55										
	Adult Competition Team									6:10-6:55										
Ladies Night		6:00-7:00																		
Krav Maga	Adult		7:00-8:00																	
	Homeschool Kids Beginner			11-11:50															11-11:50	
	Homeschool Kids Advanced			12-12:50															12-12:50	
	Homeschool Kids BBC											1-1:45								
	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							
	Hiit (All Ranks)																6:10-6:50			
	Black Belt Club						7:10-8													
	Black Belt													7-7:40						
	Masters Club													7:40-8:20						
M T	Black Belt Team																			
	Krav Fight (BBC)																6:55-7:40			
M T	Adult											7:00-8:00							1:15-2:15	

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