

Carolina Karate Class Schedule 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-930m						3 & 4 Year Old Class
10-11am						Weapons(Aug-Dec) - or -Youth Team Training(Jan-July)
11am-12pm		Karate Adult -All Levels		Karate Adult -All Levels		Family Class All ages, all skills
12-1pm		Kids Karate All Levels		Kids Karate All Levels		Adult Team Training
1-1:50pm		Kids Beginner Class (5-7 year olds)				
3-3:30pm			3&4 Year Old Class			
4-4:50pm	Kids Intermediate (5-7year olds) Stripes	Kids Beginner (5-7 year olds) Stripes	Kids Intermediate (5-7 year olds) Stripes	Kids Beginner (5-7 year olds) Stripes		
5-5:50pm	Youth Intermediate (8-13 year olds)	Youth Advanced (8-13 year olds)	Youth Intermediate (8-13 year olds)	Youth Advanced (8-13 year olds)	Sparring Class All ages 5:30-6:30pm	
6-6:50pm	Kid Advanced (5-7 year olds) Stripes	Youth Beginner (8-13 year olds)	Kid Advanced (5-7 year olds) Stripes	Youth Beginner (8-13 year olds)	Pilates (\$10/class) 6:30-7:30pm	
7-7:50pm	Adult Intermediate	Adult Beginner	Adult Intermediate	Adult Beginner	Elite Training 7:30-8:30pm By Invitation Only	
8-8:50pm	Elite Training By Invitation Only	Adult Advanced	Elite Training By Invitation Only	Adult Advanced		

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