

	YOUTH PROGRAMS					ADULT PROGRAMS		
	Little Dragons	Level 1 Karate	Level 2 Karate	Level 3 Karate	Black Belt Club	Teens & Adult Karate	Black Belt Class	iKickbox
MONDAY								
10:00-10:45 AM								iKickbox
4:30-5:00								
5:15-5:45	Little Dragons							
5:45-6:30		All Rank Childrens (Levels 1, 2, & 3)						
6:30-7:30					BBC			
7:30-8:15						Adult Karate		
8:30-9:15								iKickbox
TUESDAY								
10:00-10:45 AM								iKickbox
5:15-5:45	Little Dragons							
5:45-6:30		All Rank Childrens (Levels 1, 2, & 3)						
6:30-7:30					BBC			
7:30-8:30						Adult Karate		
8:30-9:30							Black Belts	
WEDNESDAY								
10:00-10:45 AM								iKickbox
4:30-5:00								
5:00-5:45		All Rank Childrens (Levels 1, 2, & 3)						
5:45-6:30		Weapons Training (Levels 1, 2, & 3)						
6:30-7:30					Weapons	Weapons		
7:30-8:15						Adult Karate		
8:30-9:15								iKickbox
THURSDAY								
10:00-10:45 AM								iKickbox
5:15-5:45	Little Dragons							
5:45-6:30		Level 1						
6:30-7:15			Level 2					
7:30-8:15								iKickbox
8:30-9:30						Adult Karate		
FRIDAY								
10:00-10:45 AM								iKickbox
4:30-5:00								
5:45-6:30				Level 3				
6:30-7:15		Karate Students All Ranks and Ages (Level 1 through Adult) Open Floor						
7:30-8:15								iKickbox
SATURDAY								
7:00-7:45								iKickbox
8:00-8:30 AM						Adult Weapons		
8:30-9:15						Adult Karate		
9:30-10:00	Little Dragons							
10:00-10:45		Level 1						
10:45-11:30			Level 2					
11:30-12:15				Level 3				
12:15-1:30 PM					BBC Weapons/Karate			
1:30 - 6:00 PM	Birthday Parties, Group Seminars, Special Events - See Front Desk for more info							
6:00 - 9:00 PM	Parent Nights Out, Dojo Movie Night, 10+ Events, & other Special Events - Check Online for Dates and Details							
SUNDAY								
8:15-9:00 AM								iKickbox
9:15-10:00 AM					BBC (Brown Belts)	Adult Karate		
10:00 AM >	Birthday Parties, Group Seminars, Special Events - See Front Desk for more info							

Level 1: White thru White w/Black Stripe
Level 2: Yellow thru Yellow w/Black Stripe
Level 3: Orange thru Blue

Black Belt Club: Youth Advanced Program (invited to attend selected Adult Programs)
Teens & Adults Karate and iKickbox: Ages 13+
Check Upcoming Events and Online Class Schedule for Gear Up Days or Special Events

* All schedules subject to change without notice, and "Levels" may be combined or adjusted at times, however, we will do our best to provide 1-2 weeks notice.
 * Class Schedule Effective September 2017 © Sen Nen Budokan LLC All Rights Reserved