



THE
KARATE
INSTITUTE

空手道

TRAINING SCHEDULE

Effective 22 June 2020

達
成
館

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|---|---|--|---|
| LITTLE DRAGONS General Training 4 - 7 years old 4:00pm - 4:30pm | LITTLE DRAGONS General Training 4 - 7 years old 4:00pm - 4:30pm | LITTLE DRAGONS General Training 4 - 7 years old 4:00pm - 4:30pm | LITTLE DRAGONS General Training 4 - 7 years old 5:00pm - 5:30pm | LITTLE DRAGONS General Training 4 - 7 years old 8:50am - 9:20am |
| KIDS KARATE General Training 8 - 12/13 years old 4:40pm - 5:20pm | KIDS KARATE General Training 8 - 12/13 years old 4:40pm - 5:20pm | KIDS KARATE General Training 8 - 12/13 years old 4:40pm - 5:20pm | KIDS KARATE General Training 8 - 12/13 years old 5:40pm - 6:20pm | KIDS KARATE General Training 8 - 12/13 years old 9:30am - 10:10am |
| LITTLE DRAGONS General Training 4 - 7 years old 5:30pm - 6:00pm | | KIDS KARATE General Training 8 - 12/13 years old 5:30pm - 6:10pm | TEEN & ADULTS Okinawan Kobudo (Traditional Weapons) 13 years old & up 6:40pm - warm up 7:00pm - 8:00pm - class time | FAMILY (Children accompanied by Parent) + Teens/Adults General Training 13/14 years old & up 10:20am - 11:10am |
| TEEN & ADULTS General Training 13/14 years old & up 7:00pm - 8:00pm | TEEN & ADULTS General Training 13/14 years old & up 7:00pm - 8:00pm | TEEN & ADULTS General Training 13/14 years old & up 6:20pm - 7:30pm | | TEEN & ADULTS General Training 13/14 years old & up 11:20am - 12:20am |