

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-6am	5-6am	5-6am	5-6am	5-6am	
ENDURANCE	BLAST	COMBAT	POWER	SLAM	
					7-8am
					INFINITE
	8:15-9am		8:15-9am		8-9:30am
	FOCUS 45		FOCUS 45		K M F
					8:45-9:30am
					Y K M F
9-10am	9-10am	9-10am	9-10am	9-10am	9:30-10:30am
ENDURANCE	BLAST	COMBAT	POWER	SLAM	Youth Ka
					Adult Ka
	10-11am		10-11am		10:30-11:15am
	K M F		K M F		Samurai
					Ltl. Ninja
					11:30-12:15pm
					Special Focus
					12:30-1:30pm
					TEAM FOCUS
					1:30-3:30pm
					TEAM & PRE-TEAM
4:30-5:15pm	4:30-5:15pm	4:30-6pm	4:30-5:15pm	4:30-6:30pm	
J K M F	Samurai	TEAM FOCUS	Samurai	TEAM FOCUS	
	Y K M F		Y K M F		
5:15-6pm	5:15-6pm		5:15-6pm	5:15-6pm	
Samurai	Youth B-I		Youth B-I	Advanced	
	Kumite		Advanced	Advanced	
6:15-7pm	6-6:45pm	6:15-7pm	6-6:45pm		
FOCUS 45	Advanced	FOCUS 45	Kumite		
				6:30-7:30pm	
7-8pm	7-8pm	7-8pm	7-8pm	SLAM	
ENDURANCE	BLAST	COMBAT	POWER		
8-9pm	8-9pm	8-9pm	8-9pm		
K M F	Adult Karate	K M F	Adult Karate		