



WORLD KARATE CLASS SCHEDULE 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 PM	NO BELTS**	GREEN & BLUE/BLUE SR.	TOTS (3-5yrs) TINY TIGERS	ADVANCED (RED/BROWN/BLACK)	WHITE/YELLOW	9:30 TOTS
5:50 PM		KIDS JIU JITSU 5-8 year olds		KIDS JIU JITSU 5-8 year olds		
6:00 PM	WHITE/YELLOW	KIDS BJJ	WHITE/YELLOW	KIDS BJJ	NO BELTS**	10:00 am GREEN, BLUE, BLUE SR & ADVANCE SPARRING
6:30 PM		KIDS JIU JITSU 9-12 year olds		KIDS JIU JITSU 9-12 year olds		
7:00 PM	ADVANCED (RED/BROWN/BLACK)		ADVANCED (RED/BROWN/BLACK)		GREEN & BLUE/BLUE SR.	11:00 BO
7:15 PM		ADULT JIU JITSU		ADULT JIU JITSU		11:30 CHUCKS
8:00 PM	ADULT JIU JITSU	CARDIO*	ADULT JIU JITSU	CARDIO*		12:00 PM NO BELT
						12:45 PM WHITE/YELLOW

** No Belt class is also open online for the entire family! Now's your chance to try it in the comfort of your own home! Must fill out the trial [membership form](#) (see note above). Tell your friends/neighbors/extended family we can offer them a FREE trial!

- Only 1 [form/waiver](#) needed (check the desired boxes) for new family members

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