

Bernardo Karate Ilderton schedule

Karate and Cardio Kickboxing

Class times:	Monday's	Wednesday's
5:00 – 5:30 pm	Little Dragons	Little Dragons
5:45 – 6:15 pm	Beginner Karate: 6-12 yrs White to Yellow stripe	Beginner Karate: 6-12 yrs White to Yellow stripe
6:30 – 7:15 pm	Adult and youth Cardio kickboxing	Adult and youth Cardio kickboxing
7:15 – 8:00 pm	Advanced belt (Orange to Jr Black Belt) and all adult belts	Advanced belt (Orange to Jr Black Belt) and all adult belts