

GRAND BEND BERNARDO KARATE  
WINTER 2022 SCHEDULE

MONDAY	6:30 pm - 7:15 7:30 pm - 8:15	White - Adv White Black Belt - All
TUESDAY	6:15 pm - 7:00 7:00 pm - 7:30 7:30 pm - 8:15	Yellow - Red Sparring Green - Brown
WEDNESDAY	6:30 pm - 7:15 7:30 pm - 8:15	Kick Boxing Black Belt - All
THURSDAY	6:30 pm - 7:30 7:30 pm - 8:15	White - Adv White Green - Brown
FRIDAY		
SATURDAY	8:30 - 9:15 9:30 - 10:00 10:10-10:40 10:50-11:30 11:30 - 12:15	Kick Boxing LITTLE DRAGONS - Group #1 LITTLE DRAGONS - Group #2 Yellow - Red Open - All Belts

