



Dearness Karate – Fall 2023 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 – 9:30 Little Dragons
4:30 – 5:00 Little Dragons	5:00 – 5:30 White to Yellow	4:30 – 5:00 Orange-Red-Green	5:00 – 5:30 White to Yellow	4:30 – 5:00 Little Dragons	9:30 – 10:00 White-Yellow-Orange-Red
5:00 – 5:30 White to Yellow	5:30 – 6:10 Sparring	5:00 – 5:30 Little Dragons	5:30 – 6:00 Orange-Red-Green	5:00 – 5:30 White-Yellow-Orange-Red	10:00 – 10:30 BBM1
5:30 – 6:00 Orange-Red-Green	6:10 – 6:40 Orange-Red-Green	5:30 – 6:00 White to Yellow	6:00 – 6:30 Purple to Jr. Black	5:30 – 6:10 Sparring	10:30 – 11:00 Green to Brown
6:00 – 6:30 Purple to Jr. Black	6:40 – 7:15 Purple to Jr. Black	6:00 – 6:40 Purple to Jr. Black	6:30 – 7:10 Adult	6:10 – 6:45 Green to Jr. Black	11:00 – 11:30 BBM 2
6:30 – 7:10 Adult	7:15 – 8:00 Adult Sparring	6:40 – 7:20 Adult		6:45 – 7:20 Adult	11:30 – 12:15 Jr. Black & Adult
					11:30 – 12:00 Kids Kickboxing

[Like us on Facebook at Bernardo Karate Dearness](#)
[Follow us on Instagram @bernardokaratedearness](#)