



## Ilderton Karate & Cardio Kickboxing – Winter 2024 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>5:00 - 5:30</b> Little Dragons (4 to 6 years)		<b>5:00 - 5:30</b> Little Dragons (4 to 6 years)		
	<b>5:30 - 6:15</b> Beginner Karate White belt to red stripe (7 to 11 years)		<b>5:30 - 6:15</b> Beginner Karate White belt to red stripe (7 to 11 years)		
<b>6:45 - 7:15</b> Little Dragons & White/White Stripe beginners	<b>6:15 - 7:00</b> Adult/Advanced (12 years + or green belt and above)		<b>6:15 - 7:00</b> Cardio Kickboxing (16 years and up)		
<b>7:15 - 8:00</b> Sparring (Yellow belt and above)	<b>7:00 - 7:45</b> Cardio Kickboxing (16 years and up)		<b>7:00 - 7:45</b> Adult/Advanced (12 years + or green belt and above)		
<b>8:00 - 8:30</b> Weapons (Red belt and above)					