



Ilderton Karate & Cardio Kickboxing- Fall 2023 Class Schedule

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