



St. Thomas Karate – Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00- 5:45 Cardio Kickboxing (age 13+)	5:00- 5:30 Little Dragons	5:00- 5:30 Little Dragons	5:00- 5:30 Kids Open	4:45- 5:15 Little Dragons	
6:00- 6:30 White	5:45- 6:15 Sparring Drills+	5:45- 6:15 Kids Open	5:45- 6:30 Cardio Kickboxing (age 13+)	5:30- 6:00 Family Class	
6:45- 7:30 Teen/Adult		6:30- 7:15 Teen/Adult	6:45- 7:30 Teen/Adult	6:00- 6:30 Kids KB	
		7:30- 8:15 Cardio Kickboxing (age 13+)			

Birthday Parties - Celebrate your special day with a Karate themed party! Ask staff for more information.