



## Exeter Karate & Cardio Kickboxing – Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 pm - 7:00 White/Yellow	6:15 pm - 7:00 Orange/Red	6:15 pm - 7:00 BBM Youth	6:15 pm - 7:00 White/Yellow		8:30 am - 9:15 Cardio Kickboxing
7:00 - 7:45 Adult All Belts	7:00 - 7:45 Sparring	7:00 - 7:45 BBM Adult	7:00 - 7:45 Green/ Purple/ Blue		9:30 - 10:00 Orange/Red
7:45 – 8:30 Brown / Black	7:45 - 8:30 Green/ Purple/ Blue	7:45 – 8:30 Cardio Kickboxing	7:45 – 8:30 Brown, Black		10:15 - 11:00 Open