



## Ilderton Karate & Cardio Kickboxing – Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>5:00 - 5:30</b> Little Dragons (4 to 6 years)	<b>5:00 - 5:45</b> Beginner Karate White, Yellow, Orange Belt	<b>5:00 - 5:30</b> Little Dragons (4 to 6 years)		
	<b>5:30 - 6:00</b> Beginner Karate White, Yellow, Orange Belt	<b>5:45 - 6:15</b> Sparring (Yellow belt and above)	<b>5:30 - 6:00</b> Beginner Karate White -Yellow		
<b>6:45 - 7:15</b> All Belt Karate 7+	<b>6:00 - 6:30</b> Kids Kickboxing	<b>6:15 – 7:00</b> <b>Adult Karate</b> Red-Brown Belt	<b>6:00 - 6:30</b> Karate Orange/Red Belt		
<b>7:15 - 8:00</b> Sparring (Yellow belt and above)	<b>6:30 - 7:00</b> <b>Adult Karate</b> Red-Brown Belt	<b>7:00 – 7:45</b> Black Belt/ T.E.A.M	<b>6:30 - 7:00</b> Karate Adult Green to Brown Belt		
<b>8:00 - 8:30</b> Weapons (Red belt and above)	<b>7:00 - 7:45</b> Cardio Kickboxing (16 years and up)		<b>7:00 - 7:45</b> Cardio Kickboxing (16 years and up)		