



## St. Thomas Karate – Fall 2024 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4:30- 5:00</b> Little Dragons (White/Yellow)	<b>5:00- 5:30</b> Little Dragons (Orange +)	<b>5:00- 5:30</b> Little Dragons (All Belts)	<b>4:45- 5:15</b> Kids White Belt	<b>4:30- 5:00</b> Little Dragons (Orange +)
<b>5:00- 5:45</b> Cardio Kickboxing (age 13+)	<b>5:30- 6:00</b> Sparring Drills (Yellow belt and up)	<b>5:45- 6:15</b> Kids All Belts	<b>5:30- 6:15</b> Cardio Kickboxing (age 13+)	<b>5:15- 5:45</b> Little Dragons (White/Yellow)
<b>6:00- 6:30</b> Kids White Belt		<b>6:30- 7:15</b> Teen/Adult	<b>6:15- 6:45</b> Kids Yellow/Orange Belt	<b>6:00- 6:30</b> Family Class
<b>6:45- 7:15</b> Kids Yellow/Orange Belt		<b>7:30- 8:15</b> Cardio Kickboxing (age 13+)	<b>7:00- 7:45</b> Teen/Adult	<b>6:30- 7:00</b> Kids KB
<b>7:30- 8:15</b> Teen/Adult				

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