



## 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 Little Dragons
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		10:00 – 10:45 Orange/ Red
					10:45 – 11:30 Open