



Ilderton Karate & Cardio Kickboxing – Class Schedule

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