



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 Blue/Brown	7:00 – 7:45 Sparring	7:00 – 7:45 Blue/Brown	7:00 - 7:45 Green/Purple		9:30 – 10:00 Little Dragons
7:45 – 8:30 Black	7:45 – 8:30 Green/Purple	7:45 – 8:30 Cardio Kickboxing	7:45 – 8:30 Black		10:15 – 11:00 Orange/Red
					11:00 – 11:45 Open