



Exeter Karate & Cardio Kickboxing – Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:30 White/Yellow	6:00 – 6:30 Orang/Red	6:00 – 6:30 White/Yellow	6:00 – 6:30 Orange/Red		8:30 – 9:15 a.m. Kickboxing
6:30 – 7:00 Orange/Red	6:30 – 7:00 Sparring	6:30 – 7:00 BBM	6:30 – 7:00 Green/Purple		9:30 – 10:00 Little Dragon
7:00 – 7:30 Green/Purple	7:00 – 7:30 Green/Purple	7:00 – 7:45 Kickboxing	7:00 – 7:30 Blue/Brown		10:15 – 10:45 White/Yellow
7:30 – 8:00 Blue/Brown	7:30 – 8:00 Blue/Brown	7:45 – 8:30 Black	7:30 – 8:15 Black		10:45 – 11:30 OPEN
8:00 – 8:30 Black					