



St. Thomas Karate – Summer 2025 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
4:30- 5:00 Little Dragons (White/Yellow)	4:30- 5:00 Little Dragons (Orange +)	5:00- 5:30 Little Dragons (all belts)	4:45- 5:15 Kids White Belt	4:45- 5:15 Little Dragons (all belts)
5:00- 5:45 Cardio Kickboxing (age 13+)	5:00- 5:30 Sparring Drills (Yellow belt +)	5:45- 6:15 Kids (all belts)	5:30- 6:15 Cardio Kickboxing (age 13+)	5:30- 6:00 Self Defense Red Belt + (Kids - Adults)
6:00- 6:30 Kids White Belt	5:30- 6:00 Kata Class Red Belt + (Kids - Adults)	6:30- 7:00 Power Stretching (age 8 +)	6:15- 6:45 Kids Yellow/Orange Belt	6:15- 6:45 Family Class (all ages)
6:45- 7:15 Kids Yellow - Green belt	6:00- 6:45 Cardio Kickboxing (age 13+)	7:00- 7:45 Teen/Adult/ Jr. Black Belt	6:45- 7:15 BBM	6:45- 7:15 Kids KB
7:15- 8:00 Teen/Adult			7:30- 8:15 Teen/Adult	

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