



Ilderton Karate & Cardio Kickboxing – Class Schedule

Effective September 2, 2025

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 White/Yellow Belt	5:30 - 6:00 White/Yellow/ Orange/Red Belt	5:30 - 6:00 White/Yellow Belt		
6:45 - 7:15 All Belt Karate 7+	6:00 - 6:30 Orange/Red Belt	6:00 - 6:45 Sparring (Yellow Belt and Above)	6:00 - 6:30 Orange/Red Belt		
7:15 - 8:00 Sparring (Yellow Belt and Above)	6:30 - 7:00 Kids Kickboxing	6:45 - 7:15 Green/Purple Belt	6:30 - 7:00 Green to Black Belt		
8:00 - 8:30 Weapons (Red Belt and Above)	7:00 - 7:30 Green/Purple/Blue Belt	7:15 - 7:45 Blue/Brown Belt	7:00 - 7:30 T.E.AM		
	7:30 - 8:00 Brown/Black Belt	7:45 – 8:15 Black Belt	7:30 - 8:00 Cardio Kickboxing		
	8:00 – 8:45 Cardio Kickboxing				