



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 Cardio 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 Class #1
7:00-7:30 Green/Purple	7:00-7:30 Green/Purple	7:00-7:45 Cardio Kickboxing	7:00-7:30 Blue/Brown		10:00-10:30 Little Dragon Class #2
7:30-8:00 Blue/Brown	7:30-8:15 Blue/Brown	7:45-8:30 Black	7:30-8:15 Black		10:30-11:00 White/Yellow
8:00-8:30 Black					11:00-11:45 OPEN