



Exeter Karate & Cardio Kickboxing – Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 – 6:30 White/Yellow	6:00-6:30 Orang/Red/Green	6:00-6:30 White/Yellow	6:00-6:30 Orange/Red/Green		8:30-9:15 Kick Boxing
6:30-7:00 Orange/Red/Green	6:30-7:00 Spar	6:30-7:00 BBM	6:30-7:00 Purple/Blue/Brown		9:30-10:00 Little Dragon Class #1
7:00-7:30 Purple/Blue/Brown	7:00-7:30 Purple/Blue/Brown	7:00-7:45 Kick Boxing	7:00-7:45 Jr Black		10:00-10:30 Little Dragon Class #2
7:30-8:00 Jr Black Belt	7:30-8:15 Jr Black	7:45-8:30 Adult Black	7:30-8:15 Adult Black		10:30-11:00 White/Yellow
8:00-8:30 Adult Black					11:00-11:45 OPEN