



Ilderton Karate & Cardio Kickboxing – Class Schedule

Effective December 1, 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/ Orange/ Red Belt	5:30 - 6:15 All Belt Kata (7 yrs+)	5:30 - 6:00 White/Yellow Belt		
6:45 - 7:15 All Belts Karate 7+	6:00 - 6:30 Kids Kickboxing	6:15 - 6:45 Sparring (Yellow Belt and Above)	6:00 - 6:30 Orange/ Red/ Green/ Purple Belt		
7:15 - 8:00 Sparring (Yellow Belt and Above)	6:30 - 7:15 Green to Black Belt	6:45 - 7:15 T.E.A.M Class	6:30 - 7:00 Blue/ Brown/ Black Belt		
8:00 - 8:30 Weapons (Red Belt and Above)	7:15 - 8:00 Cardio Kickboxing		7:00 - 8:00 Cardio Kickboxing		