



St. Thomas Karate – Winter 2026 Class Schedule

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

Birthday Parties - Celebrate your special day with a Karate themed party!

School Fundraisers – Share the benefits of karate and generate money for your school with our Anti - Bullying School Program!

Ask staff for more information.