



Exeter Karate & Cardio Kickboxing – Class Schedule

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