



## Ilderton Karate & Cardio Kickboxing – Class Schedule

Effective July 1, 2026

Monday	Tuesday	Wednesday	Thursday
	<b>5:00 - 5:30</b> Little Dragons (4 to 6 Years)	<b>5:00 - 5:30</b> Little Dragons (4 to 6 Years)	<b>5:00 - 5:30</b> Little Dragons (4 to 6 Years)
<b>6:45 - 7:15</b> All Belt Karate (7+)	<b>5:30 - 6:00</b> Kids Kickboxing (7+)	<b>5:30 - 6:00</b> All Belt Karate (7 yrs+)	<b>5:30 - 6:15</b> All Belt Karate (7+)
<b>7:15 - 8:00</b> Sparring (Yellow Belt and Up)	<b>6:00 - 6:30</b> All Belt Karate (7+)	<b>6:00 - 6:30</b> Sparring (Yellow Belt and Up)	<b>6:15 - 7:00</b> Adult Cardio Kickboxing
<b>8:00 - 8:30</b> Weapons (Red Belt and Up)	<b>6:30 - 7:15</b> Adult Cardio Kickboxing	<b>6:30 - 7:00</b> Black Belt Class and Brown Belt Prep Class	

- July 2. Canada Day class! Wear your Canada gear!
- July 9 Self Defence night, come learn some self defence
- July 16. Super kickers day, Jump kicks, spin kicks, jump spin kicks, bag kicks, partner kicks
- July 23 Super Hero day, wear your favourite super hero gear or make one up!
- July 30 Weapons Day, come try the weapons in all classes
- August 6 Crazy Kata night, musical, backwards, add ons, partner...who knows!
- August 13 Beach night, wear your shorts and tanks, sunglasses and a beach hat, think Hawaiian
- August 20 noodle night, all blocks and kata will be tested with noodles
- August 27 Weapons day! Learn the Nunchucks!