



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

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 After School Karate Enrichment Program!

Ask staff for more information.