



Ilderton Karate & Cardio Kickboxing – Class Schedule

Effective September 8, 2026

Monday	Tuesday	Wednesday	Thursday
	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 Class (7 yrs+)	5:30 - 6:15 White/Yellow Belt
	6:00 - 6:30 Kids Kickboxing (7+)	6:15 - 6:45 Sparring (Yellow Belt and Up)	6:15 - 7:00 Orange/Red/Green/Purple Belt
6:45 - 7:15 All Belt Karate (7+)	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
7:15 - 8:00 Sparring (Yellow Belt and Up)	7:15 - 8:00 Adult Cardio Kickboxing		7:00 - 8:00 Adult Cardio Kickboxing
8:00 - 8:30 Weapons (Red Belt and Up)			