

## Keith Elkins Karate Teen/Adult Class Schedule

Belt	Mon	Tues	Wed	Thurs	Fri	Sat
White / Yellow	7:00 Kickbox	7:00 Core MMA	7:00 Kickbox	7:00 Core MMA		9:30 am Core MMA
Green/ Adv. Green	7:00 Kickbox	7:00 Core MMA	7:00 Kickbox	7:00 Core MMA		9:30 am Core MMA
Blue/ Adv. Blue	7:00 Kickbox	7:00 Core MMA	7:00 Kickbox	7:00 Core MMA		9:30 am Core MMA
Red/Adv. Red	7:00 Kickbox	7:00 Core MMA	7:00 Kickbox	7:00 Core MMA		9:30 am Core MMA
Brown/ Adv. Brown	7:00 Kickbox	7:00 Core MMA	7:00 Kickbox	7:00 Core MMA		9:30 am Core MMA
Black Belts	7:00 Kickbox	7:00 Core MMA	7:00 Kickbox	7:00 Core MMA		9:30 am Core MMA
Kickboxing students Only	7:00 Kickbox		7:00 Kickbox			
All Belts			8:00 pm Fight Class			

## Keith Elkins Karate Junior CLASS SCHEDULE

Belt	Mon A Day	Tues A Day	Wed A Day	Thur B Day	Fri	Sat
White / Yellow	6:15 Karate/ MMA	4:45 Karate/ MMA	6:15	4:45	4:30 OPEN Gym	11:00 Karate/ MMA
Green/ Adv. Green		5:30 Karate/ MMA		5:30 Kickboxing	4:30 OPEN Gym	11:00 Karate/ MMA
Blue/Adv. Blue		6:15 Karate/ MMA		5:30 Kickboxing	4:30 OPEN Gym	11:45 Karate/ MMA
Red/Adv. Red/ Brown	5:30 Karate/ MMA			6:15 Kickboxing	BBC Weapons Class 5:30	11:45 Karate/ MMA
Novice Black	5:30 Karate/ MMA		5:30 Black/ Novice Black Belt Only	6:15 Kickboxing	BBC Weapons Class 5:30	11:45 Karate/ MMA
Black Belts	5:30 Karate/ MMA	7:00 pm Karate/ MMA	5:30 Black/ Novice Black Belt Only	6:15 Kickboxing	6:30 Team HERO Practice	11:45 Karate/ MMA
Lil Dragons 4&5 yr olds	5:00		5:00			10:30 am Parent Buddy Class
Beginner Lil Dragons 3 yr olds						10:30 am Parent Buddy Class