

ELKINS KARATE CENTER CLASS SCHEDULE

Junior Class Schedule

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White / Yellow	6:15	4:45	6:15	4:45	5:15 pm Bag workout BBC Mem- bers	11:00
Green/Adv. Green		5:30		6:15		11:45
Blue/Adv. Blue		5:30		6:15		11:45
Red/Adv. Red	5:30		5:30		Master Class 5:45	12:30
Brown belt/ Novice Black		6:15		5:30	Master Class 5:45	12:30
Black Belts		6:15		5:30	6:30 Team Hero Pratice	12:30
Lil Dragons	5:00		5:00			10:30 am
Kid Tigers						10:30 am

Teen/Adult Class Schedule

Belt	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White / Yellow	7:00 Kickboxing	7:00 Core	7:00 Kickboxing	7:00 Core	5:15 Bag workout	
Green/Adv. Green	7:00 Kickboxing	7:00 Core	7:00 Kickboxing	7:00 Core	5:15 Bag workout	
Blue/Adv. Blue	7:00 Kickboxing	7:00 Core	7:00 Kickboxing	7:00 Core	5:15 Bag workout	
Red/Adv. Red	7:00 Kickboxing	7:00 Core	7:00 Kickboxing	7:00 Core	5:15 Bag workout	
Brown/Adv. Brown	7:00 Kickboxing	7:00 Core	7:00 Kickboxing	7:00 Core	5:15 Bag workout	
Black Belts	7:00 Kickboxing	7:00 Core	7:00 Kickboxing	7:00 Core	5:15 Bag workout	
			Sparring Class 8 pm			