



FALL 2016 CLASS SCHEDULE

START DATE: SEPTEMBER 6TH

220 W. Northland Ave. Appleton, WI 54911 www.KAappleton.com Email: AppletonKA@aol.com (920) 830-2233

Website Student Section Login – Username: appletonka@aol.com Password: student

CLASSES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Ninjas		4:45—5:15 PM	4:45—5:15 PM	5:15—5:45 PM		10:00—10:30 AM
Junior Achievers/BBT	4:45—5:15/5:30 PM		6:00—6:30/6:45 PM	5:45—6:15/6:30 PM		10:30—11:00/11:15 AM
Junior BBT 1	4:00—4:45 PM	5:15—6:00 PM	4:00—4:45 PM		5:15—6:00 PM	11:15 AM—12:00 PM
Junior BBT 2	5:30—6:15 PM	4:00—4:45 PM		6:30—7:15 PM	4:30—5:15 PM	12:00—12:45 PM
Masters Team	1st Degree 6:15—7:00 PM 2nd & 3rd 7:00—7:45 PM		5:15—6:00 PM	7:15—8:00 PM	6:00—6:45 PM	12:45—1:30 PM
Candidates (<i>Ends 10/25/16</i>)		6:45—7:30 PM				
Leadership		6:00—6:45 PM		4:30—5:15 PM		
Adult Basic/BBT/MT	7:45—8:45 PM		6:45—7:30 PM			
Adult BBT/MT			7:30—8:30 PM	8:00—9:00 PM		
HIIT Fitness		5:30—6:30 AM		5:30—6:30 AM		8:00—9:00 AM

KARATE AMERICA CLASSES:

Little Ninjas Beginning Students 4-6 year olds
 Junior Achievers/BBT Beginning Students 7-12 year olds White, Gold and Orange Belts
 Junior BBT 1 Advanced Students Green, Purple, Purple Stripe, Blue & Blue Stripe Belts
 Junior BBT 2 Advanced Students Red, Red Stripe, Brown and Brown Stripe Belts
 Masters Team Junior and Teen Black Belt Students
 Candidates BBT/MT Brown-Stripe, Brown Module Star or Brown Chevron
 Leadership Developing physical and verbal skills of leaderships through martial arts

Adult Basic/BBT/MT 14 year olds and up All Belts Martial Arts Program
 Adult BBT/MT Advanced Training on Weapons, Self-Defense & Sparring
 HIIT Fitness Adult/Teen **H**igh **I**ntensity **I**nterval **T**raining
 *Open to KA/GJJ & Non-KA/GJJ Families

***Note: Academy Winter/Spring Schedule starting in January!**



FALL 2016 CLASS SCHEDULE

228 W. Northland Ave. Appleton, WI 54911

www.GracieAppleton.com Email: Info@GracieAppleton.com (920) 954-9333

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gracie Jr Grapplers		5:30—6:30 PM		5:30—6:30 PM		
Black Belt Club						10:00—11:00 AM
Women's Empowered	7:00—8:00 PM					9:00—10:00 AM
Gracie Combatives	6:00—7:00 PM	6:30—7:30 PM				8:00—9:00 AM
Gracie Jiu Jitsu RD				6:30—7:30 PM		
Gracie Master Cycle	8:00—9:30 PM	7:30—9:00 PM		7:30—9:00 PM		11:00—12:00 PM
GJJ Open Mat						12:00—1:00 PM

GRACIE JIU JITSU CLASSES:

Bullyproof Junior Grapplers

Kids 7-13 years old Non-Violent Self-Defense Program

Black Belt Club

Kids Advanced Training

Women's Empowered

Women's Self-Defense Pink Belt Course

Gracie Combatives

Adult/Teen Program on the 36 core techniques

Gracie Jiu Jitsu RD

Adult/Teen White Belts with 2 stripes and above

Gracie Jiu Jitsu Master Cycle

Adult/Teen Blue Belts and above

GJJ Open Mat

Training time for GJJ students