



Norwood Karate Class 2017 Fall Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rangers						
White - Orange	4:30pm-5:00pm	4:00pm-4:30pm	5:00pm-5:30pm	x	x	10:00am - 10:30am
Green - Adv Gold	4:00pm-4:30pm	4:30pm-5:00pm	5:30pm-6:00pm	x	x	10:30am - 11:00am
Young Adult						
Basic White - Orange	5:00pm - 5:30pm	5:00pm - 5:30pm	6:00pm - 6:30pm	x	6:15pm-6:45pm	9:00am-9:30am
Leadership Young Adult						
White- Adv.orange	5:00pm - 6:00pm	5:00pm - 6:00pm	6:00pm - 7:00pm	x	6:15pm-7:15pm	9:00am-10:00am
Green-Purple	6:00pm - 7:00pm	6:00pm-7:00pm	6:30pm- 7:30pm	x	4:15pm - 5:15pm	12:00pm - 1:00pm
Adv Purple - Adv Brown	x	6:30pm-7:30pm	4:00pm-5:00pm	7:00pm-8:00pm	3:45pm-4:45pm	12:30pm - 1:30pm
Black Belts	7:00pm-8:00pm	7:30pm-8:30pm	7:30pm-8:30pm	x	5:15pm - 6:15pm	11:00am - 12:00pm
Adult						
All Ranks	8:00pm-8:30pm	X	8:30pm-9:00pm	8:00pm-8:30pm	x	8:15am-8:45am
BBC	8:30pm-8:45pm	X	9:00pm-9:15pm	7:45pm-8:00pm	x	8:45am-9:00am
Leadership	8:45pm-9:00pm	X	9:15pm-9:30pm	7:30pm-7:45pm	x	8:00am-8:15am
KickBoxing		9:30am-10:30am	x			
KickBoxing	x	8:30pm-9:30pm	x	8:30pm-9:30pm	9:30am-10:30am	x

Please note:

Arrive 5-10 minutes prior to the start of class store your gear shoes and jackets in locker room.

Please visit restroom and hydrate prior to class in order to remain on floor for entire class

School shirts may be worn and tucked in on days designated by calendar

Please bring sparring equipment to every class