



# POWERKENPO

FAMILY FRIENDLY KARATE

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[www.PowerKenpo.com](http://www.PowerKenpo.com)

Schedule effective August 28, 2017

on Facebook at [www.Facebook.com/PowerKenpoKarate](http://www.Facebook.com/PowerKenpoKarate)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio Hours	Noon to 8PM	Noon to 9PM	12:00PM - 2:00PM 5:30PM - 8:00PM	Noon to 8:30PM	9:30AM to 1:30PM 4:00PM to 7:30PM	8:00AM to 2:00PM
<b>CLASSES FOR LITTLE DRAGONS (age 3,4,5 years)</b>						
Little Dragons	7:00PM to 7:30PM	5:00PM to 5:30PM	6:00PM to 6:30PM	7:00pm to 7:30PM	5:00PM to 5:30PM	9:00AM to 9:30AM 12:30PM Family Class
Little Dragons - Advanced			5:45PM to 6:00PM			8:45AM to 9:00AM
<b>CLASSES FOR JUNIORS (age 6-12 years)</b>						
Junior White to Purple	6:30PM to 7:00PM	5:30PM to 6:00PM		5:30PM to 6:00PM	6:30PM to 7:00PM	
All Juniors	6:00PM to 6:30PM	6:00PM to 7:00PM	6:30PM to 7:00PM	6:00PM to 7:00PM	6:00PM to 6:30PM	9:30AM to 10:15AM 12:30PM Family Class
Junior Blue, Green, Brown			7:00PM to 7:30PM		5:30PM to 6:00PM	
Junior Sparring		7:00PM to 7:30PM				10:15AM to 10:45AM
<b>CLASSES FOR FAMILIES - JUNIORS, ADULTS, TEENS, &amp; (with a family member or instructor permission) LITTLE DRAGONS</b>						
Family Classes			6:30PM to 7:00PM			12:30PM to 1:00PM
<b>CLASSES FOR ADULTS &amp; TEENS</b>						
Adults & Teens			6:30pm to 7pm Family Class	6:00PM to 6:45PM ----- BLACK BELT PREP 7:30PM to 8:15PM		8:30AM to 9:15AM 11:15AM to 12:15PM 12:30PM Family Class
Teens Only	6:30PM to 7:00PM	5:45PM to 6:30PM			6:30PM to 7:30PM	
Adults Only (18 or Adult Brown +)	6:00PM to 6:30PM	6:30PM to 7:15PM 7:35PM to 8:15PM	12:15PM to 1:00PM		12:15PM to 1:00PM	
Sparring		7:00PM to 7:30PM				10:15AM to 10:45AM
Advanced Class				7:30PM to 8:15PM Black Belt Prep		10:45AM to 11:15AM

## Thursday 7:30PM to 8:15PM - Black Belt Preperation!

This class is open to Adult, Teen and Junior Brown Belts working towards Black Belt.  
 Blue & Green Belts can treat this class as open mat time with the chance of some private coaching.

## Parent's Night Out is FREE for karate students and their families!

Upcoming dates: September 16, October 14, November 18, December 16.