



WestWind Schedule • Kearns
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 Kearns, UT 84118
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 westwindkarate.com

November 6, 2017

WestWind Schedule • Kearns

| Class | (A) MONDAY | (A) TUESDAY | (A) FRIDAY | (B) WEDNESDAY | (B) THURSDAY | (B) SATURDAY | Class |
|-------------------------|---------------|-------------------------|----------------------|------------------|-----------------|---------------------------|-------------------------|
| INTRO | 3:30 / 5:30 | 3:30 / 8:15 | | 3:30 / 7:50 | 3:30 / 8:15 | | INTRO |
| WHITE | 4:45 - 5:30 | 6:00 - 6:45 | 5:00-5:45 (Sandy) | 4:45 - 5:30 | 6:00 - 6:45 | 11:00-11:45 (S. or M.) | WHITE |
| EARLY SKILLS | 5:45 - 6:15 | 4:00 - 4:30 | | 5:45 - 6:15 | 4:00 - 4:30 | | EARLY SKILLS |
| BASIC SKILLS | 6:15 - 7:00 | 4:30 - 5:15 | | 6:15 - 7:00 | 4:30- 5:15 | | BASIC SKILLS |
| YELLOW ORANGE | 4:00 - 4:45 | 7:30 - 8:15 | 5:00-5:45 (Sandy) | 4:00 - 4:45 | 7:30 - 8:15 | 11:00-11:45 (S. or M.) | YELLOW ORANGE |
| PURPLE BLUE | 7:00 - 7:45 | 5:15 - 6:00 | 5:00-5:45 (Sandy) | 7:00 - 7:45 | 5:15 - 6:00 | 11:45-12:30 (S. or M.) | PURPLE BLUE |
| GREEN thru BLACK | | 6:45 - 7:30 | 5:00-5:45 (Sandy) | | 6:45 - 7:30 | 11:45-12:30 (S. or M.) | GREEN thru BLACK |
| BLACK | | 9:15-10:00 (Midvale) | | | | | BLACK |
| BBC SPARRING | | | 4:00 (Sandy) | | | | BBC SPARRING |
| S.T.O.R.M. | | | 5:45 (Sandy) | | | | S.T.O.R.M. |
| S.W.A.T. | | | 6:15 (Sandy) | | | | S.W.A.T. |

Students are expected to:

1. Arrive 10-15 minutes prior to scheduled classes.
2. Attend one "A" & "B" day per week.
3. Pull attendance card prior to each class.
4. Keep uniforms neat, clean & odor-free.
5. Quietly prepare for class (do not disturb class in session).
6. Always show respect to your instructors & fellow students.
7. Students & guests should always be well mannered & behave properly.
8. Attend classes on a consistent schedule.
9. Make arrangements with instructors for make up classes.
10. Show proper effort & spirit in the classroom.
11. Practice & exercise at home for better results.
12. Memorize & apply Student Creed.
13. Develop & maintain a positive, well disciplined attitude.

A Days- Teq/Katas • B Days- Reaction