



2019 KARATE SCHEDULE

effective 9.30.19b (subject to change)

Please be respectful at ALL times — do not disturb other classes when entering/exiting dojo.

PROGRAM	MON	TUE	WED	THU	FRI	SAT
<i>All Tiny Tigers / Lil' Dragons</i>	4:15–4:45p 5:30–6:00p 6:45–7:15p	4:15–4:45p 5:30–6:00p 6:45–7:15p	4:15–4:45p 5:30–6:00p 6:45–7:15p	4:15–4:45p 5:30–6:00p 6:45–7:15p	5:00–5:30p	9:30–10:00a
<i>Beginners</i>	4:45–5:30p 6:00–6:45p 7:15–8:00p	4:45–5:30p 6:00–6:45p 7:15–8:00p	4:45–5:30p 6:00–6:45p 7:15–8:00p	4:45–5:30p 6:00–6:45p 7:15–8:00p	5:30–6:15p	10:00–10:45a
<i>Intermediate & Advanced</i>	4:45–5:30p 6:00–6:45p 7:15–8:00p	4:45–5:30p 6:00–6:45p 7:15–8:00p	4:45–5:30p 6:00–6:45p 7:15–8:00p	4:45–5:30p 6:00–6:45p 7:15–8:00p	5:30–6:15p	10:00a–10:45a
<i>Apprentice Black Belts</i>	4:45–5:30p 6:00–6:45p 7:15–8:00p	4:45–5:30p 6:00–6:45p 7:15–8:00p	4:45–5:30p 6:00–6:45p 7:15–8:00p	4:45–5:30p 6:00–6:45p 7:15–8:00p	5:30–6:15p	10:00a–10:45a
<i>Expert Black Belts</i>	7:15–8:00p		7:15–8:00p		5:30–6:15p	10:00a–10:45a
<i>KJIT</i>		7:15–8:00p		7:15–8:00p		
<i>Leadership / Hyper Pro Training</i>	5:30–6:00p 6:45–7:15p	5:30–6:00p 6:45–7:15p	5:30–6:00p 6:45–7:15p	5:30–6:00p 6:45–7:15p		10:45–11:15a
<i>Black Belt Candidates</i>					6:15–7:00p	
<i>Demo Team</i>						11:15a–12:00p
<i>KJ Staff Training</i>					4:15–5:00p	



Tiny Tigers / Lil' Dragons should bring their square hand target to every class.

All other students should bring their learning tool, re-breakable board and sparring gear to every class.

Please write your name on your equipment!

Weather related cancellations: will be posted by 2p on Members Only Facebook page, texted and/or emailed via the KJ App.

2019 HOLIDAY SCHEDULE FOR KARATE (subject to change)

	Closed	Reopen		Closed	Reopen
Memorial Day.....	May 25	- May 28	Labor Day	Aug 31	- Sept 3
Independence Day.....	Jul 1	- Jul 8	Halloween	Oct 31	(no evening classes)
Easter.....	Apr 19	- Apr 22	Thanksgiving.....	Nov 28	- Nov 30
			Christmas/New Year's.....	Dec 23	- Jan 2, 2020



2019 KICKBOXING SCHEDULE

Teen / Adult

effective 11.1.19 (subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		6:00a	6:00a	6:00a	6:00a *	
		9:15a		9:15a		9:00a*
	5:15p *	5:15p	5:15p *	5:15p		
	6:15p	6:15p *	6:15p	6:15p *	5:30p	
		7:15p		7:15p		

Classes denoted with asterisk* = Kick-N-Tone Class
 Modified **Holiday Schedules** will be posted on FB and the KJ App