



2020 KARATE SCHEDULE

effective 1.01.2020 (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.

2020 HOLIDAY SCHEDULE (subject to change)

Closed Reopen
 Memorial Day..... May 23 - May 26
 Independence Day..... Jun 29 - Jul 6

Closed Reopen
 Labor Day Sep 5 - Sep 8
 Thanksgiving..... Nov 26 - Nov 28
 Christmas/New Year's..... Dec 24 - Jan 4, 2021



2020 KICKBOXING SCHEDULE

Teen / Adult

effective 1.1.2020 (subject to change)

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

Classes denoted with asterisk* = *Kick-N-Tone Class*