

# KEITH BENNETT'S KARATE ACADEMY

## CLASS SCHEDULE

Effective September 5th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00-4:45 PM	Closed	Childrens Class	Childrens Class	Childrens Class	4:15 -5:00 PM Family Class All Ranks	9:00-11:00 AM Check FaceBook TBA
4:45-5:30 PM	Family Class All Ranks	Family Class All Ranks	Family Class All Ranks	Sparring/Weapons All Ranks & Ages Class will alternate weekly	5:00 -5:45 PM Family Class All Ranks	10:00-11:00 AM Cardio Kick Boxing
5:30-6:15 PM	Dan Class	Family Class All Ranks	Green & Red Belts Dans welcome to train	Hyung Class	Closed	11:00-11:45 AM Sparring
6:15-7:00 PM	Dan Class	Cardio Kick Boxing	Advanced Techniques Green Belt and Up (or by invitation)	Cardio Kick Boxing	Closed	11:45-12:30 AM Family class

**Please arrive 10 minutes early to prepare for class so classes can start on time.**

**Please attend a minimum of 2 classes per week. Participation in all applicable classes is encouraged.**

**Proper gear must be worn during Sparring Classes. Weapons classes with Instructor approval.**

**Kick Boxing is not part of the regular Karate Program. Please see instructor for Kick Boxing fee schedule**

**Dan Prep classes will be announced with Candidate list when available**