



Pak's Karate Louisiana

www.pakskaratelouisiana.com

5302 Barksdale Blvd.
 Bossier City, LA 71112
 318-752-2221

2019 Bossier Location Tang Soo Do Program Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day - Curriculum Class		"B" Day - Program Class		"C" Day - Specialty Class	
Private Lesson 2:30 - 3:00 PM	Private Lesson 2:30 - 3:00 PM	Private Lesson 2:30 - 3:00 PM	Private Lesson 2:30 - 3:00 PM	Private Lesson 2:30 - 3:00 PM	Private Lesson 8:30 - 9:00 AM
Private Lesson 3:00 - 3:30 PM	Private Lesson 3:00 - 3:30 PM	Private Lesson 3:00 - 3:30 PM	Private Lesson 3:00 - 3:30 PM	Private Lesson 3:00 - 3:30 PM	Private Lesson 12:30 - 1:00 PM
After School Program 3:30 - 4:30 PM	After School Program 3:30 - 4:30 PM	After School Program 3:30 - 4:30 PM	After School Program 3:30 - 4:30 PM	After School Program 3:30 - 4:30 PM	
Beginner & Intermediate All Ages 6:00 - 6:50 PM	Beginner & Intermediate All Ages 4:30 - 5:20 PM	Basic Program All Ages & Ranks 6:00 - 6:50 PM	Basic Program All Ages & Ranks 4:30 - 5:20 PM	Basic Program All Ages & Ranks 6:30 - 7:20 PM	Basic Program All Ages & Ranks 10:00 - 10:50 AM
Advanced & Black Belt All Ages 5:00 - 5:50 PM	Advanced & Black Belt All Ages 7:00 - 7:50 PM	Black Belt Club 5:00 - 5:50 PM	Black Belt Club 7:00 - 7:50 PM	Black Belt Club Weapons 4:30 - 5:00 PM	Black Belt Club Stunting 9:30 - 10:00 AM
Teen & Adult All Ranks 7:00 - 7:50 PM	Teen & Adult All Ranks 6:00 - 6:50 PM	Teen & Adult All Ranks 7:00 - 7:50 PM	Teen & Adult All Ranks 5:30 - 6:20 PM	Master's Club Kicks & Tricks 5:00 - 5:30 PM	Sparring 11:00 - 11:30 AM
		Master's Club 7:00 - 7:50 PM	Master's Club 5:30 - 6:20 PM	Sparring 5:30 - 6:00 PM	Master's Club Weapons 11:30 - 12:00 PM
	Day Class All Ages & Ranks 12:30 - 1:30 PM	Day Class All Ages & Ranks 12:30 - 1:30 PM	Day Class All Ages & Ranks 12:30 - 1:30 PM	Black Belt Club Stunting 7:20 - 7:50 PM	Master's Club Kicks & Tricks 12:00 - 12:30 PM

After School Program Students: All GREEN classes plus optionally choose 1 "A" day class, 1 "B" day class, and 1 "C" day class

Basic Program Students: Choose 1 "A" day class and 1 "B" day class from the BLUE classes. Friday is a makeup "A" day class and Saturday is a makeup "B" day class

Black Belt Club Program Students: Choose 1 "A" day class from the BLUE classes, 1 "B" day class from the BLUE or YELLOW classes, and up to 2 "C" day classes from the BLUE or YELLOW classes

Master's Club Program Students: UNLIMITED CLASSES - Choose a minimum of 1 "A" day class from the BLUE classes, 1 "B" day class from BLUE or ORANGE classes plus any additional classes desired

2019 Bossier Location Tiger Program Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day Class		"B" Day Class		Makeup Classes	
				"A" Day	"B" Day
After School Program 3:30 - 4:15 PM	After School Program 3:30 - 4:00 PM	After School Program 3:30 - 4:15 PM	After School Program 3:30 - 4:00 PM	After School Program 3:30 - 4:30 PM	
Tiny Tigers 5:15 - 5:45 PM	Tiny Tigers 4:00 - 4:30 PM	Tiny Tigers 5:15 - 5:45 PM	Tiny Tigers 4:00 - 4:30 PM	Tiny Tigers 6:00 - 6:30 PM	Tiny Tigers 9:00 - 9:30 AM
Flying Tigers 4:30 - 5:15 PM	Flying Tigers 5:30 - 6:15 PM	Flying Tigers 4:30 - 5:15 PM	Flying Tigers 6:30 - 7:15 PM	Flying Tigers 6:00 - 6:45 PM	Flying Tigers 9:00 - 9:45 AM

NOTE: Tiny Tigers are Ages 4 - 5 and Flying Tigers are Ages 6 - 7.

2019 Bossier Location Judo, Jujitsu, and H.I.I.T. Cardio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Jujitsu 5:00 - 6:00 PM		Jujitsu 5:00 - 6:00 PM		Advanced Jujitsu & Judo 12:00 - 1:00 PM
	Judo 6:00 - 7:00 PM		Judo 6:00 - 7:00 PM		Jujitsu & Judo 1:00 - 3:00 PM
	H.I.I.T. Cardio 8:00 - 8:30 PM	H.I.I.T. Cardio 8:00 - 8:30 PM	H.I.I.T. Cardio 8:00 - 8:30 PM		H.I.I.T. Cardio 12:30 - 1:00 PM



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1040 Hwy 80
Haughton, LA 71037
318-949-5675

2019 Haughton Location Tang Soo Do Program Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day - Curriculum Class		"B" Day - Program Class		"C" Day - Specialty Class	
Private Lesson 2:30 - 3:00 PM	Private Lesson 2:30 - 3:00 PM	Private Lesson 2:30 - 3:00 PM	Private Lesson 2:30 - 3:00 PM	Private Lesson 2:30 - 3:00 PM	Private Lesson 8:30 - 9:00 AM
Private Lesson 3:00 - 3:30 PM	Private Lesson 3:00 - 3:30 PM	Private Lesson 3:00 - 3:30 PM	Private Lesson 3:00 - 3:30 PM	Private Lesson 3:00 - 3:30 PM	Private Lesson 12:30 - 1:00 PM
After School Program 3:30 - 4:30 PM	After School Program 3:30 - 4:30 PM	After School Program 3:30 - 4:30 PM	After School Program 3:30 - 4:30 PM	After School Program 3:30 - 4:30 PM	
Beginner All Ages 6:00 - 6:50 PM	Beginner All Ages 4:30 - 5:20 PM	Basic Program All Ages & Ranks 6:00 - 6:50 PM	Basic Program All Ages & Ranks 4:30 - 5:20 PM	Basic Program All Ages & Ranks 6:30 - 7:20 PM	Basic Program All Ages & Ranks 10:00 - 10:50 AM
Intermediate All Ages 4:30 - 5:20 PM	Intermediate All Ages 5:30 - 6:20 PM	Black Belt Club 4:30 - 5:20 PM	Black Belt Club 6:30 - 7:20 PM	Black Belt Club Weapons 4:30 - 5:00 PM	Black Belt Club Stunting 9:30 - 10:00 AM
Advanced & Black Belt All Ages 7:00 - 7:50 PM	Advanced & Black Belt All Ages 6:30 - 7:20 PM	Teen & Adult All Ranks 7:00 - 7:50 PM	Teen & Adult All Ranks 6:30 - 7:20 PM	Master's Club Kicks & Tricks 5:00 - 5:30 PM	Sparring 11:00 - 11:30 AM
Teen & Adult All Ranks 7:00 - 7:50 PM	Teen & Adult All Ranks 6:30 - 7:20 PM	Master's Club 7:00 - 7:50 PM	Master's Club 5:30 - 6:20 PM	Sparring 5:30 - 6:00 PM	Master's Club Weapons 11:30 - 12:00 PM
	Day Class All Ages & Ranks 12:30 - 1:30 PM		Day Class All Ages & Ranks 12:30 - 1:30 PM	Black Belt Club Stunting 6:00 - 6:20 PM	Master's Club Kicks & Tricks 12:00 - 12:30 PM

After School Program Students: All GREEN classes plus optionally choose 1 "A" day class, 1 "B" day class, and 1 "C" day class

Basic Program Students: Choose 1 "A" day class and 1 "B" day class from the BLUE classes. Friday is a makeup "A" day class and Saturday is a makeup "B" day class

Black Belt Club Program Students: Choose 1 "A" day class from the BLUE classes, 1 "B" day class from the BLUE or YELLOW classes, and up to 2 "C" day classes from the BLUE or YELLOW classes

Master's Club Program Students: UNLIMITED CLASSES - Choose a minimum of 1 "A" day class from the BLUE classes, 1 "B" day class from BLUE or ORANGE classes plus any additional classes desired

2019 Houghton Location Tiger Program Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"A" Day Class		"B" Day Class		Makeup Classes	
				"A" Day	"B" Day
After School Program 3:30 - 4:15 PM	After School Program 3:30 - 4:00 PM	After School Program 3:30 - 4:15 PM	After School Program 3:30 - 4:00 PM	After School Program 3:30 - 4:30 PM	
Tiny Tigers 5:30 - 6:00 PM	Tiny Tigers 4:00 - 4:30 PM	Tiny Tigers 5:30 - 6:00 PM	Tiny Tigers 4:00 - 4:30 PM	Tiny Tigers 5:45 - 6:15 PM	Tiny Tigers 9:00 - 9:30 AM
Flying Tigers 4:45 - 5:30 PM	Flying Tigers 5:30 - 6:15 PM	Flying Tigers 4:45 - 5:30 PM	Flying Tigers 5:30 - 6:15 PM	Flying Tigers 5:00 - 5:45 PM	Flying Tigers 9:00 - 9:45 AM

NOTE: Tiny Tigers are Ages 4 - 5 and Flying Tigers are Ages 6 - 7.

2019 Houghton Location Judo & Jujitsu Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Jujitsu 5:00 - 6:00 PM		Jujitsu 6:30 - 7:30 PM	
		Judo 6:00 - 7:00 PM		Judo 5:30 - 6:30 PM	