



Juneau Karate Academy

www.juneaukarate.com
907-723-8316

Fall Season 2020

8800 Glacier Highway
@ the Jordan Creek Center

"A" Days Kata

"B" Days Partners and Pads

Monday		Tuesday		Wednesday		Thursday		Saturday	
Creekside	Mntview	Creekside	Mntview	Creekside	Mntview	Creekside	Mntview	Creekside	Mntview
		Youth Intro Series 2:15-3:00		Karate Camp 1:00-3:00	Leadership Academy 1:00-3:00	Youth Intro Series 2:15-3:00		Jr Weapons 9:15-9:45	ALL Lil' Dragons 9:00-9:30
Youth White-blue 3:15-4:00		Youth Purple-Green 3:15-4:00		Youth All 3:00-3:45	JR. Lil Dragon 3:30-4:00	Youth White-Purple 3:30-4:15		Weapons 9:45-10:30	Adults + Youth Green/Up 9:45-10:45
Youth Purple-Green 4:15-5:00		White-Purple 4:15-5:00		Teens 4:00-4:45	Lil Dragon 4:15-4:45	Green-Brown 4:30-5:15		Demo Class 10:45-11:30	
Yoga 5:15-6:15	JR. Lil Dragon 5:00-5:30	Green-Brown 5:15-6:00		Youth Ages 8-9 5:00-5:45	Youth Ages 6-7 5:00-5:45	Youth White-Purple 5:30-6:15		Preformance Team 11:30-12:30	Exams/Events
	Lil Dragon 5:45-6:15			Youth Ages 10-11 6:00-6:45	Yoga 6:00-7:00				
Green-Brown 6:30-7:15		Weapons 6:15-7:00	White-Purple 6:15-7:00			All Adult 7:30-8:30	Black Belts 7:15-8:15		
All Adult 7:30-8:30		All Adult 7:15-8:15		All Adults 7:00-8:00					

Cyber Dojo

Karate Cyber training Monday-Thursdays - Check Facebook group for times and links

Join our closed Facebook page!
www.facebook.com/groups/jkfamily

Preschool students:
[FB/groups/preschoolfamilies](https://www.facebook.com/groups/preschoolfamilies)

Well Balanced Yoga!
Adults/Families Mon 5:15pm & Wed 6pm