



# Juneau Karate Academy

www.juneaukarate.com  
907-723-8316

## Winter/Spring Season 2021

8800 Glacier Highway  
@ the Jordan Creek Center

"A" Days - Kata				"B" Days - Partners and Pads				"C" Days - Specialties	
Monday		Tuesday		Wednesday		Thursday		Saturday	
Creekside	Mntview	Creekside	Mntview	Creekside	Mntview	Creekside	Mntview	Creekside	Mntview
								Jr Weapons 9:00-9:30	Jr Lil' Dragons 8:45-9:15 Lil Dragons 9:15-9:45
Youth White-blue 3:00-3:45		Youth Purple-Green 3:00-3:45		Youth All 3:00-3:45	JR. Lil Dragon 3:30-4:00	Youth White-Purple 3:00-3:45		Weapons 9:30-10:15	Adults + Youth Green/Up 10:00-11:00
Youth Red-Purple 4:00-4:45		Youth White-Purple 4:00-4:45		Teens 4:00-4:45	Lil Dragon 4:15-4:45	Green-Black 4:00-4:45		Demo Class 10:30-11:15	
Brown-Black 5:00-6:00	JR. Lil Dragon 5:00-5:30 Lil Dragon 5:45-6:15	Green-Black 5:00-6:00		Youth Ages 8-9 5:00-5:45	Youth Ages 6-7 5:00-5:45	Youth White-Purple 5:00-5:45		Preformance Prep 11:15-12:15	Exams/Events 11:15
Green 6:00-7:00	Black Belt Prep 6:30-7:15	Weapons 6:15-7:00	Yoga 6:15-7:15	Youth Ages 10-13 6:00-6:45	Yoga 6:00-7:00	Green-Black 6:00-7:00	Teacher Training 6:00-7:00		
All Adult/Teen 7:15-8:15		All Adult/Teen 7:15-8:15		All Adult/Teen 7:00-8:00		All Adult/Teen 7:15-8:15	Black Belts 7:15-8:15		

### Cyber Dojo

4 classes per week, loaded daily in the SPARK APP

Join our closed Facebook page!  
[www.facebook.com/groups/jkfamily](https://www.facebook.com/groups/jkfamily)

**Well Balanced Yoga!**  
Adults/Families Tues 6:15pm & Wed 6pm