



VALENTIN KARATE SCHEDULE
Effective March 29th, 2021

75 South Colony St. Meriden 203-238-0427

RED = Room 1 (reception desk)

MERIDEN	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Class	10-11am		9:30-10:30am			
Tigers		4:30-5pm		4:30-5pm		10:45-11:15am
Dragons		4:30-5pm		4:30-5pm		10:45-11:15am
Jr. White		5:15-5:45pm	5-5:30	5:15-5:45pm		10-10:30am
Jr. Orange		5:15-5:45pm	5-5:30	5:15-5:45pm		10-10:30am
Jr. Green		5:15-5:45pm	5:45-6:30	5:15-5:45pm		10-10:30am
Leadership		6-6:30pm		6-6:30pm		
Jr. Brown		5:15-5:45pm	5:45-6:30	5:15-5:45pm		9-9:45am
Jr. Red		6:45-7:45pm	5:45-6:30	6:45-7:45pm		9-9:45am
All CDB		6:45-7:45pm	6:45-7:30	6:45-7:45pm		8-8:45am
Teen/Adults		6-6:45pm	6:45-7:30	6-6:45pm		9-9:45am
Black Belts		6:45-8pm		6:45-8pm		8-8:45am
Capoeira					5:00-5:45pm	
Woman Warriors						10:00am
VKX 2.0					6:00pm	

ZOOM LINK
868 6321 9448
Password
TANGSOO
All CAPS

WOMEN WARRIORS
Saturdays
10am
in
Meriden

991 S. Main St. Plantsville, CT. 860-621-1474

PLANTSVILLE	Monday	Tuesday	Wednesday	Thursday	Saturday
Tigers	5-5:30pm		5-5:30pm	5-5:30pm	
Dragons	5-5:30pm		5-5:30pm	5-5:30pm	
Jr. White	5:40-6:10pm		5:40-6:10pm	5:40-6:10pm	
Jr. Orange	5:40-6:10pm		5:40-6:10pm	5:40-6:10pm	
Jr. Green	5:40-6:10pm		5:40-6:10pm	5:40-6:10pm	
Leadership	6:15-6:45pm		6:15-6:45pm		
Jr. Brown	6:50-7:35pm		6:50-7:35pm	6:15-7pm	
Jr. Red	6:50-7:35pm		6:50-7:35pm	6:15-7pm	
All CDB	6:50-7:35pm		6:50-7:35pm	6:15-7pm	
Teen/Adults	7:45-8:30pm		7:45-8:30pm		
Black Belts	7:45-8:45pm		7:45-8:45pm		
VK Fitness PM		7-7:30pm		7-7:30pm	10:00am
ZoomMeeting ID		788 2464 6117		788 2464 6117	769 1373 9320

Password: VKFIT

158 Mill Street Berlin 860-829-KICK

BERLIN	Monday	Tuesday	Wednesday	Thursday	Friday
Tigers	6:00-6:30pm		6:00-6:30pm	5:00-5:30pm	
Dragons	6:00-6:30pm		6:00-6:30pm	5:00-5:30pm	
Jr. White	5:30-6:00pm	5:00-5:30pm	5:30-6:00pm		
Jr. Orange	5:30-6:00pm	5:00-5:30pm	5:30-6:00pm		
Jr. Green		5:30-6:15pm		5:30-6:15pm	5:00-5:45pm
Jr. Brown		5:30-6:15pm		5:30-6:15pm	5:00-5:45pm
Leadership		6:15-6:45pm		6:15-6:45pm	5:45-6:15pm
Jr. Red		6:45-7:30pm		6:45-7:30pm	6:15-7:00pm
All CDB	7:15-8:00pm	6:45-7:30pm	7:15-8:00pm	6:45-7:30pm	6:15-7:00pm
Teen/Adults	6:30-7:15pm		6:30-7:15pm		
Black Belts	7:15-8:00pm		7:15-8:00pm		

Days highlighted in Green will be broadcasted on Zoom in addition to being live

984 Southford Ave. Middlebury, CT 203-527-7290

Middlebury	Monday	Wednesday	Thursday	Friday	Saturday
Tigers	5:10-5:40pm	5:10-5:40pm			10:45-11:15am
Dragons	5:10-5:40pm	5:10-5:40pm			10:45-11:15am
Jr. White	5:45-6:15pm	5:45pm			9:45-10:30am
Jr. Orange	5:45-6:15pm	5:45pm			9:45-10:30am
Jr. Green	5:45-6:15pm	5:45pm			9:45-10:30am
Jr. Brown	6:20-7:05pm	6:20-7:05pm			9:45-10:30am
Jr. Red	6:20-7:05pm	6:20-7:05pm			9:45-10:30am
Leadership	7:10-7:40pm	7:10-7:40pm			
All CDB	7:45-8:30pm	7:45-8:30pm			8:30-9:30am
Teen/Adults	7:45-8:30pm	7:45-8:30pm			8:30-9:30am
Black Belts	7:45-8:30pm	7:45-8:30pm			8:30-9:30am