

Monday

STUDIO A	STUDIO B
4:00pm-5:00pm Beginner Tumbling	4:00pm-5:00pm Weapons Class
5:00pm-6:00pm Adv. Tumbling	5:00pm-6:00pm Beginner Class
6:00m-7:00pm Intermediate Class	6:00pm-7:00pm Advanced Class
7:00pm-8:00pm Weapons Class	7:00pm-8:00pm Advanced Sparring Class



Tuesday

STUDIO A	STUDIO B
4:00pm-5:00pm Weapons Class	4:00pm-4:45p Knee High Ninjas
5:00pm-6:00pm Beginner Class	5:00pm-6:00pm Creative Techniques
6:00pm-7:00pm Strength & Conditioning Class	6:00pm-7:00pm All Ranks Sparring Class
7:00pm-8:00pm Intermediate Class	7:00pm-8:00pm Advanced Sparring
8:00pm-9:00pm Kick Boxing Class	8:00pm-9:00pm Weapons Class

Office Hours

Monday through Thursday

& Saturday

210.695.8776

www.retrosportkarate.com

info@retrosportkarate.com

Wednesday

STUDIO A	STUDIO B
4:00pm-5:00pm Intermediate Class	4:00pm-5:00pm Beginner Class
5:00pm-6:00pm Advanced Tumbling	5:00pm-6:00pm Beginner Tumbling
6:00pm-7:00pm Beginner Class	6:00pm-7:00pm All Ranks Sparring Class
7:00pm-8:00pm Strength & Conditioning Class	7:00pm-8:00pm Weapons Class
8:00pm-9:00pm Advanced Class	8:00pm-9:00pm Kick Boxing Class

Thursday

STUDIO A	STUDIO B
4:00pm-4:45pm Knee High Ninjas	4:00pm-5:00pm Beginner Class
5:00pm-6:00pm Advanced Class	5:00pm-6:00pm Intermediate Class
6:00pm-7:00pm Advanced Tumbling	6:00pm-7:00pm All Ranks Sparring
7:00pm-8:00pm Weapons Class	7:00pm-8:00pm Advanced Sparring Class

Saturday

STUDIO A	STUDIO B
9:00am-9:45am Knee High Ninjas	9:00am-10:00am Traditional Class (Upper Level Only)
10:00am-11:00am Technique Class All Ranks	10:05am-11:05am Creative Techniques (Upper Level Only)
11:05am-12:05pm Teen/Adult Self Defense Class & Cardio Kickboxing	11:10am-12:10pm All Ranks Sparring Class