



Mansfield Class Schedule

397 Oakland Street, Mansfield, MA 02048
 508-339-5757 info@excelkarate.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (AM)
	4:30-5:00 Beginners– Ages 4+ (Little Ninjas)		4:30-5:00 Beginners– Ages 4+ (Little Ninjas)	10:00-11:00 AM Tai Chi (adult class)	9:00-9:45 Beginners- Ages 6+ (White-Yellow)
5:30-6:00 Special Needs (virtual class)	5:00-5:45 Beginners Class (White-Orange)	Private Sessions Available (by request only)	5:00-5:45 Beginners Class (White-Orange)		9:45-10:30 Intermediate Class (Orange-Purple)
	5:45-6:30 Intermediate Class (Purple-Green)		5:45-6:30 Intermediate Class (Purple-Green)	Private Sessions Available (by request only)	10:30-11:15 Adv– Ages 8+ (Blue- Green)
7:00-8:00 Tai Chi (adult class)	6:30-7:15 Advanced Class (Brown Belt)		6:30-7:15 Advanced Class (Brown Belt)		11:15-12:00 Adv– Ages 10+ (Brown & Black)
	7:15-8:00 Adult Class (All Ranks)		7:15-8:00 Adv Black Belt (2nd Deg & higher)		
				<i>AM Adult Classes Tuesdays & Fridays 8:30-10:00 AM</i>	

Class Schedule (as of 9/1/21)
Please Contact Excel for a Trial Class