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Elite Karate

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EFFECTIVE 6/22/20



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Tiny Champs 3-4 Years (20min)		4:00p	5:30p			9:00a (z)
Little Champs (35min) (All Belts) 5-6 Years	4:00p (z) weapons	5:30p (z) weapons	4:00p (z) sparring drills	5:30p (z) Sparring drills		9:45a (z) (45min)
YOUTH (35min) Beg/Int: Wh-Gr	4:45p (z) weapons	6:15p (z) weapons	4:45p (z) Sparring drills	6:15p (z) Sparring drills		10:45a (z) (45min)
YOUTH (35min) Adv: Br-2nd Red	6:15p (z) weapons	4:45p (z) weapons	6:15p (z) Sparring drills	4:45p (z) Sparring drills		10:45a (z) (45min)
Youth Black Belt Red/Black (35min)	5:30p (z)	4:00pm (z)	5:30p (z)	4:00p (z)		10:45a (z) (45min)
Adult (45min) Martial Arts (Krav Maga)	10:00a (z) 8:00p (z)	7:00pm (z)	10:00a (z) 8:00p (z) Sparring drills	10:00a (z) 7:00p (z) Sparring drills		11:45a (z) (45min)
My Fit Defense Fitness	9:00a 7:00p (z)	8:00p (z)	9:00a 7:00p (z)	8:00pm (z)		8:00a
Hyper-Pro Training					5:00-6:00p (z)	12:45p
Sparring Class *No Contact					4:00-5:00p (z)	
Competition Team						12:45p
Demo Team *Check monthly calendar					Postponed	
Extra Help Sessions By Appt Only.						

- Arrive 5-10 minutes prior to class.
 - Retrieve your card for attendance.
 - Place your shoes neatly in cubbies keeping your school clean and in order.
 - Quietly prepare for class not disturbing the class in session.
 - Martial Arts begins and ends with maximum courtesy.
 - Attend class on a consistent basis, 1 in-person class & 1 zoom each week.
 - Show proper effort and spirit in the classroom.
- NOTE: We will be closed on occasional Saturdays for training events.

Z = ZOOM