

(860)430.6630



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Elite Karate

elitekarateglastonbury.com
1005 Hebron Ave. Glastonbury, CT.

EFFECTIVE 1/7/19



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Tiny Champs 3-4 Years (20min)		4:00pm	5:30pm			9:10am
Little Champs (All Belts) 5-6 Years	4:00pm weapons	5:30pm weapons	4:00pm sparring drills/comp	5:30pm Sparring drills/comp		9:30am
YOUTH Beg/Int: Wh-Gr	4:45pm weapons	6:15pm weapons	4:45pm Sparring drills/comp	6:15pm Sparring drills/comp		10:30am
YOUTH Adv: Br-2nd Red	6:15pm weapons	4:45pm weapons	6:15pm Sparring drills/comp	4:45pm Sparring drills/comp		10:30am
Youth Black Belt Red/Black	5:30pm	4:00pm	5:30pm	4:00pm		10:30am
Adult Martial Arts (Krav Maga)	10:00am 8:00pm	7:00pm	10:00am 8:00pm sparring	10:00am 7:00pm sparring		11:30am
MyFitDefense Fitness	9:00am 7:00pm	8:00pm	9:00am 7:00pm	8:00pm		8:00am
Hyper-Pro Training					5:00-6:00pm	12:30pm
Sparring Class *Full sparring gear required					4:00-5:00pm	
Competition Team						12:30pm
Demo Team *Check monthly calendar					6:00pm	
Extra Help Sessions By Appt Only.	7:00pm		7:00pm		6:00pm	11:15am

- 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, at least 2 classes each week.
 - Show proper effort and spirit in the classroom.
- NOTE: We will be closed on occasional Saturdays for training events.