

Karate America Wisconsin Rapids

2010 Class Schedule Effective August 30th, 2010



Monday	Tuesday	Wednesday
12:00 -1:00 Adults	12:00-1:00 Adults	12:00 - 1:00 Adults
4:30- 5:15 Red - Black	4:30- 5:15 BBT Team *	4:30 - 5:00 White - Orange
5:15- 5:45 Green-Blue Stripe	5:15 - 6:15 Black Belts	5:00 - 5:45 Red - Black
5:45- 6:15 Kinderkickers	6:15 - 7:00 Sparring	5:45 - 6:15 Kinderkickers
6:15- 6:45 White - Orange	7:00 - 8:00 Candidates	6:15- 6:45 Green-Blue Stripe
6:45- 7:30 Adults		6:45 - 7:30 Adults
7:30- 8:15 Adult BBT *		7:30 - 8:15 Adult BBT *

Thursday	Friday	Saturday
12:00-1:00 Adult	12:00 - 1:00 Adult BBT	10:00 - 10:30 Advanced Degrees
4:00- 4:30 Kinderkickers	1:00- 2:00 Adults	10:30 - 11:00 Black Belts
4:30- 5:00 Blue - Brown Stripe	4:30 - 5:30 Special Forces	11:00 - 11:30 Kinderkickers
5:00- 5:45 White - Purple	5:30 - 6:15 Tai Chi	11:30 - 12:00 White - Green
5:45- 6:30 Black Belts	6:15 - 7:15 Specialty Class	12:00 - 12:30 Purple - Black
6:30- 7:15 Advanced Degrees	See the monthly calendar for more information on the specialty class of the day. Also note that Promotion Tests will be held at this time at the end of the month.	12:30 - 1:15 Adults
7:15- 8:15 Adults		1:15 - 2:00 Sparring

- * - Bring any necessary weapons to this class
Must be in Black Belt Team to participate