

# Karate America Wisconsin Rapids

## Fall 2011 Class Schedule

Effective September 1st, 2011



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- 5:30 Black Belt Team *	4:30 - 5:00 White - Orange
5:15- 6:00 Green-Blue Stripe	5:30 - 6:30 Black Belts	5:00 - 5:45 Red - Black
6:00- 6:30 Kinderkickers	6:30 - 7:15 Sparring	5:45 - 6:15 Kinderkickers
6:30- 7:00 White - Orange	7:15 - 8:15 Grappling	6:15- 6:45 Green-Blue Stripe
7:00- 7:45 Adults		6:45 - 7:30 Adults
7:45- 8:30 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 - 7:30 Candidates	11:30 - 12:00 White - Green
5:45- 6:30 Black Belts		12:00 - 12:30 Purple - Black
6:30- 7:15 Advanced Degrees		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