



Okinawan Karate-Do Kobudo Academy					√	CrossFit
Day	Time	Type	Age	Rank		Time
Monday	5:45-6:30	Karate	5-13	All		5:30am
	6:30-7:30	Karate	14-Up	All		5:30pm 6:30pm
Tuesday	5:45-6:30	Karate	5-13	White-Orange		5:30am
	6:30-7:15	Karate	6-13	Purple-Up		5:30pm
	7:15-8:15	Karate	14-Up	All		6:30pm
Wednesday	5:45-6:30	Adv. Karate	All	Green/white-Up		5:30am
	6:30-7:15	Kobudo(Weapons)	7-Up	Purple-Up		5:30pm
	7:15-8:15	Adult Karate	14-Up	All		6:30pm
Thursday	5:15-6:00	Karate	5-8	All		
	6:00-6:45	Karate	9-13	All		5:30am
	6:45-7:30	Sparring	8-Up	Orange-Up		5:30pm
	7:30-8:30	Karate	14-Up	All		6:30pm
Friday		No Karate				
Saturday		No Karate Classes Reserved for Private Lessons & Belt Tests				8:00 AM 9:00 AM 10:00 AM

All karate classes are included in the monthly tuition. CrossFit is at an additional cost.

Students of higher rank may participate in lower rank classes but are expected to attend their own as well.

It is recommended that students participate in at least 2 classes a week.