

Patriot Karate Class Schedule

+ BEGINNERS (WHITE UNIFORM)

	MON	TUES	WED	THURS	FRI
YOUNGER (5-7)	5:00 - 5:30	6:15 - 6:45	--	6:30-7:00	--
OLDER (8-12)	5:30 - 6:00	5:00 - 5:30	--	7:00 - 7:30	--

+ BLACK BELT CLUB (RED UNIFORM)

	MON	TUES	WED	THURS	FRI
YOUNGER (5-7)	6:00 - 6:45	5:30 - 6:15	--	5:45 - 6:30	--
OLDER (8-12)	6:45 - 7:30	6:45 - 7:30	--	5:00 - 5:45	--
UPPER BELTS (BLUE, RED, BROWN, BLACK)	7:30 - 8:15	6:45 - 7:30	--	7:30 - 8:15	--
ADULTS AND TEENS	7:30 - 8:15	7:30 - 8:15	--	7:30 - 8:15	--
COMPETITION CLASS	--	--	--	--	5:30 - 7:30

**WE ARE ON A
QUEST TO BE
OUR BEST!**

Class Rules

- Arrive 5 - 10 minutes prior to our class
- Wear shoes when not on the mat
- Bow on and off the edge of the mat
- Attend at least 2 classes a week
- Bring your gear to every class
- Sign in before every class
- Do your best!

If you arrive late, please wait on the edge of the mat until an instructor invites you to join.



QUESTIONS? CALL 770-466-KICK (5425)