

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 matt
- Bow on and off the edge of the matt
- 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 matt until an instructor invites you to join.



QUESTIONS? CALL 770-466-KICK (5425)