

TASK KARATE SCHEDULE OF CLASSES (TEENS AND ADULTS)

1501 St. Andrew Street, Suite 212 La Crosse, WI 54603
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<i>Group</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
White, Gold, Orange		9:30 am (1hr) 7:00 pm (1hr)		9:30 am (1 hr) 7:00 pm (1 hr)	6:00 pm (1hr)	9:00 am (45m)
Green Belt And up		9:30 am (1hr) 7:00 pm (1hr)		9:30 am (1 hr) 7:00 pm (1 hr)	6:00 pm (1hr)	9:00 am (45m)
Brown	5:00 pm 1 Hour	9:30 am (1hr) 7:00 pm (1hr)		9:30 am (1 hr) 7:00 pm (1 hr)	6:00 pm (1hr)	9:00 am (45m)
Black	6:00 pm 1 Hour	9:30 am(1hr) 7:00 pm (1hr)		9:30 am (1hr) 7:00 pm (1 hr)	6:00 pm (1hr)	9:00 am (45m)
Matt Class! Mixed w kids					5:00 pm (45m)	
Sparring						9:45 am (45m)
Weapons (Green & up)			6:00 pm (1hr)			
Eskrima Program	7:00 pm (1hr)		7:00 pm (1hr)		7:00 (1hr)	
Testing is usually last Saturday						2 pm

Effective 08/01/2025

In the mat class students learn groundwork/grappling skills.

All classes are one hour in length unless marked as 45 minutes.

Sparring Class – Gear is required to participate. Ask for more information. Can start at gold, purple belts and above must spar to promote!