

TASK KARATE SCHEDULE OF CLASSES (TEENS AND ADULTS)

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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 (1hr) 6:00 pm (1hr)	6:00 pm (1hr)	9:00 am (45m)
Green Belt And up		9:30 am (1hr) 7:00 pm (1hr)		9:30 am (1hr) 7:00 pm (45m)	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 (1hr) 7:00 pm (45m)	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 (45m)	6:00 pm (1hr)	9:00 am (45m)
Testing or Matt Class!					5:00 pm (45m)	
Sparring						9:45 am
Weapons (Green & up)				7:45 (45 min)		
Eskrima Program	7:00 pm (1hr)		7:00 pm (1hr)		7:00 (1hr)	

Effective 3/28/2022

In the mat class students learn groundwork/grappling skills. No mat class on testing night! (Ask for more information.)

Teen/Adult Testing with Kids or Tuesdays at 8 pm. All classes are 45 minutes in length unless marked as one hour.

Sparring Class – Gear is required to participate. Ask for more information.