

## **TASK KARATE SCHEDULE OF CLASSES (TEENS AND ADULTS)**

1501 St. Andrew Street, Suite 206 La Crosse, WI 54603 @KarateTask  
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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) 7:00 pm (1hr)	6:00 pm (1hr)	9:00 am
Green Belt And Up		9:30 am (1hr) 7:00 pm (1hr)		9:30 am (1hr) 7:00 pm (1hr)	6:00 pm (1hr)	9:00 am
Brown	5:00 pm 1 Hour	9:30 am (1hr) 7:00 pm (1hr)		9:30 am (1hr) 7:00 pm (1hr)	6:00 pm (1hr)	9:00 am
Black	6:00 pm 1 Hour	9:30 am(1hr) 7:00 pm (1hr)		9:30 am (1hr) 7:00 pm (1hr)	6:00 pm (1hr)	9:00 am
Testing or Matt Class!					5:00 pm	
Sparring						9:45 am
Weapons (Green & Up)			6:00 pm			
Eskrima Program	7:00 pm (1hr)		7:00 pm (1hr)		7:00 (1hr)	
Intro Class/Private				6:00 pm		

Effective 05/08/2021

**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.