

TASK KARATE SCHEDULE OF CLASSES (TEENS AND ADULTS)

1100 Kane Street, La Crosse, WI 54603
 (608) 781-TASK (8275) E-mail: Taskkarate@gmail.com Website: www.taskkarateschool.com

<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		9:30 am (1hr) 7:00 pm	6:15 pm (1hr)	9:00 am
Green Belt And Up		9:30 am (1hr) 7:45 pm (1hr)		9:30 am (1hr) 7:45 pm (1hr)	6:15 pm (1hr)	9:00 am
Brown	5:00 pm 1 Hour	9:30 am (1hr) 7:45 pm (1hr)		9:30 am (1hr) 7:45 pm	6:15 pm (1hr)	9:00 am
Black	6:00 pm 1 Hour	9:30 am(1hr) 7:45 pm (1hr)		9:30 am (1hr) 7:45 pm	6:15 pm (1hr)	9:00 am
Mat Class					4:45 pm	
Sparring						9:45 am
Weapons (Green & Up)			6:00 pm			
Eskrima Program	7:00 pm (1 hr)		6:45 pm (1 hr)		7:15 (1 hr)	

Effective 05/29/2018

Testing is on Fridays at 5:30pm – (By invitation!)

Mat Class – In mat class we learn and practice a variety of falling, rolling and grappling techniques.

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