

UNITED KEMPO KARATE SCHOOLS

SCHEDULE UPDATED April 2011

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN	5:00-6:00	7:00-8:00	5:00-6:00 7:00-8:00	5:00-6:00 7:00-8:00	CLOSED EXCEPT FOR SPECIAL EVENTS	11:15-12:15	CLOSED
XMA	6:00-8:00		6:00-7:00				
LIL'DRAGONS		6:15 -7:00 Level II starts at 6:00		6:15 -7:00 Level II starts at 6:00			
INTERM.			8:00-9:00				
ADVANCED		5:00-6:00					
MMA	8:00-9:00	8:00-9:00		8:00-9:00			
ZUMBA AEROBICS						Coming Soon	
INST. TRNG.**						12:30-2:00	
INST. CLASS						10:00-11:00	
BELT TEST***						12:00	
**SECOND SATURDAY OF THE MONTH WHEN ANNOUNCED							
***LAST SATURDAY OF THE MONTH WHEN ANNOUNCED							
PRIVATE LESSONS ARE ENCOURAGED TO IMPROVE YOUR TECHNIQUE AND PREPARE YOUR FOR TESTING							