

TOKON Martial Arts

Start: February 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00 Children's Athletic Conditioning	5:00 - 5:40 Karate Beginner Class (white belt basics)	5:45 - 6:30 Children's Athletic Conditioning	5:20 - 6:00 Karate Beginner Class (white belt basics)	5:30 - 6:00 Beginner Children's Conditioning	8:00 - 10:00 ECP (by invitation only)
6:00 - 6:45 General Karate Class	5:45 - 6:15 Beginner Children's Conditioning	6:30 - 7:15 General Karate Class	6:00 - 6:45 Kata Class (green & blue belts)	6:00 - 6:45 Karate Family Class	
7:00 - 7:45 Advanced Athletic Conditioning	6:15 - 7:00 Intermediate Karate Class	7:15 - 8:00 Advanced Athletic Conditioning	6:45 - 7:30 Intermediate Karate Class	6:45 - 7:30 Karate Kata Class (purple belts & up)	

Children's Athletic Conditioning: Ages 6 - 13 years old	Kata Class: According to rank (or by invitation)
Karate Beginner Class: Ages 6 & up	Intermediate Class: Green belt & up
Children's Beginner Athletic Conditioning: Ages 6 & up	Elite Competition Program: (by invitation only)
General Karate Class: All ranks & ages (including adult beginners)	Advanced Athletic Conditioning: Ages 14 & up or by invitation

Placement in your classes will be assessed by the instructors