



ICHIBAN KARATE & FITNESS - FALL SCHEDULE - EFFECTIVE September 1st, 2023

MON A-Day	TUES A-Day	WED B-Day	THUR B-Day	FRI A/B-DAY	SAT A/B-Day
4:00pm-4:30pm Ninjas & Dragons	4:15pm-4:45pm Advanced Ninjas Gold belt w. stripe +	4:00pm-4:30pm Ninjas & Dragons Sparring	4:15-4:45pm Ninjas & Dragons	Monthly events <i>Please check the event page on the website</i>	9:00am-10:00am Adults & Teens Grappling
4:45pm-5:30pm Karate Youth	4:45pm-5:30pm Karate Teens gold + & youth green +	4:45pm-5:30pm Karate Youth	4:45pm-5:30pm Karate Youth		10:00am-11:00am Karate Adults
5:30pm - 6:30pm Karate Adults & Teens	5:00pm-5:45pm Sparring & striking Karate & Fitness students	5:30pm - 6:30pm Karate Teen Underbelts & Teen Black Belts			10:15am-10:45am Ninjas & Dragons
6:30pm-7:30pm Sparring Teens & Adults		5:30pm - 6:30pm Karate Adult all levels			11:00am-11:45am Sparring Youth & Teen
					11:00am-11:45am Karate Youth
Fitness Schedule					
	5:45pm-6:30pm Bag Fitness	6:30pm-7:00pm H.I.I.T	5:45pm-6:30pm Bag Fitness		8:15am-9:00am Cardio Kickboxing & Weights