



# ICHIBAN KARATE & FITNESS - SPRING SCHEDULE - EFFECTIVE April 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	4:15-4:45pm Ninjas & Dragons	Monthly events <i>Please check the event page on the website</i>	9:30am-10:30am Adults & Black Belts
4:45pm-5:30pm Youth	4:45pm-5:30pm Green & Brown Belt Advanced Class Youth & Teens	4:45pm-5:30pm Youth	4:45pm-5:30pm Youth		10:15am-10:45am Ninjas & Dragons
5:30pm - 6:30pm Adults all Levels Teens by invitation		5:30pm - 6:30pm Teen Underbelts & Teen Black Belts	5:15pm-5:45pm White Belt Workshop <i>-see calendar for monthly dates-</i>		10:45am-11:30am Youth Sparring
6:30pm-7:30pm Sparring Teens & Adults		5:30pm - 6:30pm Adult all levels			10:45am-11:30am Teen Underbelts 11-15 year olds
					11:30am-12:15pm Youth
Fitness Schedule					
	5:00pm-5:45pm Kickboxing Fundamentals Karate & Fitness students		5:45pm-6:30pm Bag Fitness		9:00am-9:45am Cardio Kickboxing & Weights
	5:45pm-6:30pm Bag Fitness	6:30pm-7:00pm H.I.I.T	6:30pm-7:00pm TRX		

