



ICHIBAN KARATE & FITNESS - FALL SCHEDULE - EFFECTIVE September, 6th 2022

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 <i>Students split by levels</i>	4:45pm-5:30pm Teen Underbelt 11-15 year olds	4:45pm-5:30pm Youth <i>Students split by levels</i>	4:45pm-5:30pm Youth all levels		10:15am-10:45am Ninjas & Dragons
5:30pm - 6:30pm Adults all levels	5:30pm-6:15pm Sparring Drills & Skills Youth & Teens	5:30pm - 6:30pm Jr . & Teen Black Belts	5:15pm-5:45pm White Belt Workshop <i>-see calendar for monthly dates-</i>		10:30am-11:30am Adults & Black Belts Seminars
5:30pm - 6:30pm Jr & Teen Black Belts & Brown belts 13+	6:15-7:00pm Jr & Teen Black Belts & Brown belts 13+ Sparring	5:30pm - 6:30pm Teen Underbelt 11-15 year olds			10:45am-11:30am Teen Underbelt Karate Class 11-15 year olds
6:30pm-7:30pm Adult & Teen Sparring		5:30pm - 6:30pm Adult all levels			11:30am-12:15pm Youth all levels
Fitness Schedule					
	5:45pm-6:30pm Bag Fitness		5:45pm-6:30pm Bag Fitness		9:00am-9:45am Cardio Kickboxing & Weights
		6:30pm-7:00pm H.I.I.T	6:30pm-7:00pm TRX		

