

Watson's Karate Schedule

	Mon. Forms	Tues. Forms	Wed. Sparring/ Bag	Thurs. Forms	Fri. Sparring/ Bag	Sat. Forms	Sun. Bag/Forms
White (beginners)	6:00-6:30	5:00-5:45	5:00-5:45	6:30-7:15	5:15-6:00	10:30-11:15	N
Yellow	6:30-7:15	5:00-5:45	5:00-5:45	6:30-7:15	5:15-6:00	10:30-11:15	O
Orange	6:30-7:15	5:45-6:30	5:45-6:45	4:15-5:00	6:30-7:30	11:15 12:00	
Green	4:30-5:15	5:45-6:30	5:45-6:45	4:15-5:00	6:30-7:30	11:15-12:00	C
Purple	4:30-5:15	6:30-7:15	5:45-6:45	5:00-5:45	6:30-7:30	12:00-12:45	L
Blue-Red	5:15-6:00	6:30-7:15	5:45-6:45	5:00-5:45	6:30-7:30	12:00-12:45	A
Brown- Black	7:15-8:00	7:15-8:00	5:45-6:45	5:45-6:30	6:30-7:30	12:00-12:45	S
EXTRA Classes			6:45-7:30 XMA	7:15-8:15 XMA	6:00-6:30 Open class	12:45-1:45 Weapons	E
White-Green A.M.	11:00-12:00	10:00-11:00	11:00-12:00	10:00-11:00	11:00-12:00		S
Purple-Black AM	10:00-11:00	11:00-12:00	10:00-11:00	11:00-12:00	10:00-11:00		
Adult P.M.		8:45-9:45	8:15-9:15 Sparring/Bag	8:15-9:15			
Lil' Dragon	6:30-7:00		4:00-4:30	6:30-7:00		10:00-10:30	
CARDIO AM	6:00-6:45 BAG		6:00-6:45 BAG		6:00-6:45 BAG		
CARDIO AM	9:15-10:00 BAG		9:15-10:00 BAG	9:15-10:00 BAG	9:15-10:00 BAG	9:00-10:00 BAG	
CARDIO PM	8:00-8:45 BAG	8:00-8:45 BAG	7:30-8:15 BAG				

Students should arrive 10 minutes before class. Sparring classes are Wed. and Fr., for Orange Belts and Above - full safety equipment is required to participate. Form days are Mon., Tues., Thurs. and Saturday.

Summer Schedule July 1 – September 6, 2010

Contact us @ 905 727 7144