



KARATE INTERNATIONAL - LEWISVILLE CLASS SCHEDULE

effective Jan 2016

Expect To Succeed!

Grand Master Ginger Gallagher - General Manager

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY MORNING	<i>Dragons Classroom</i>	6 AM FITNESS/KARATE (all ranks) By appointment only			6 AM FITNESS/KARATE (all ranks) By appointment only		7:45AM COMPETITION TEAM
9:00 AM	<i>Classroom 1</i>						BEGINNER/ INTERMEDIATE
	<i>Dragons Classroom</i>						LITTLE DRAGONS
9:30 AM	<i>Dragons Classroom</i>						LITTLE NINJAS
9:45 AM	<i>Classroom 1</i>						WORKOUT WITH MASTER FISCHER (adults blue and up / juniors brown belt and up)
5:30 PM	<i>Dragons Classroom</i>		LITTLE DRAGONS				
6:00 PM	<i>Dragons Classroom</i>		LITTLE NINJAS				
6:00 - 6:45 PM	<i>Classroom 1</i>	BEGINNER (white - orange)	BEGINNER/ INTERMEDIATE	BEGINNER/ INTERMEDIATE	BEGINNER (white - orange)		
	<i>Classroom 2</i>	OPEN FLOOR	OPEN FLOOR	OPEN FLOOR	OPEN FLOOR		
6:45 - 7:45 PM	<i>Classroom 1</i>	INTERMEDIATE (blue to brown)	BLACK BELT SOCIETY (green and up)	BROWN & BLACK BELTS	INTERMEDIATE (blue to brown)		
	<i>Classroom 2</i>	OPEN FLOOR	OPEN FLOOR	OPEN FLOOR	OPEN FLOOR		
7:45 PM	<i>Classroom 1</i>	<i>Check the events schedule for special sessions held during the year at this time</i>					
	<i>Classroom 2</i>						