

FLOOR "A"

MONDAY

12:00 - 2:00pm	Private Lessons / Personal Training		
3:00 - 3:45pm	Youth: Fitness Boot Camp		
3:45 - 4:30pm	Youth: Karate (Group A)	1 st - 3 rd Grade	White - Orange Stripe
4:30 - 5:15pm	Youth: Karate (Group A)	1 st - 3 rd Grade	Blue - Brown Stripe
5:15 - 6:00pm	Youth: Karate (Group A)	1 st - 3 rd Grade	Yellow Belt (& stripes)
6:00 - 6:45pm	Youth: Karate (Group A)	1 st - 6 th Grade	Orange Belt & above
6:45 - 7:45pm	Adult: Karate		All Ranks
7:45 - 8:45pm	Adult: Karate		Brown & Blackbelts

TUESDAY

12:15 - 1:00pm	Adult: Karate		All Ranks
3:00 - 3:45pm	Youth: Fitness Boot Camp		
3:45 - 4:30pm	Youth: Karate (Group A)	4 th - 6 th Grade	White - Orange Stripe
4:30 - 5:15pm	Youth: Karate (Group A)	4 th - 6 th Grade	Blue - Brown Stripe
5:15 - 6:00pm	Youth: Karate (Group A)	4 th - 6 th Grade	Yellow Belt (& stripes)
6:00 - 6:45pm	Adult: Fitness Boot Camp		
6:45 - 7:30pm	Youth: Karate (Group B)	K - 6 th Grade	All Ranks

WEDNESDAY

12:00 - 2:00pm	Private Lessons / Personal Training		
3:00 - 3:45pm	Youth: Fitness Boot Camp		
3:45 - 4:30pm	Youth: Karate (Group A)	1 st - 3 rd Grade	White - Orange Stripe
4:30 - 5:15pm	Youth: Karate (Group A)	1 st - 3 rd Grade	Blue - Brown Stripe
5:15 - 6:00pm	Youth: Karate (Group A)	1 st - 3 rd Grade	Yellow Belt (& stripes)
6:00 - 6:45pm	Youth: Karate (Group A)	1 st - 6 th Grade	Orange Belt & above
6:45 - 7:45pm	Adult: Karate		All Ranks
7:45 - 8:45pm	Adult: Karate		Orange - Blackbelt

THURSDAY

12:15 - 1:00pm	Adult: Karate		All Ranks
3:00 - 3:45pm	Youth: Fitness Boot Camp		
3:45 - 4:30pm	Youth: Karate (Group A)	4 th - 6 th Grade	White - Orange Stripe
4:30 - 5:15pm	Youth: Karate (Group A)	4 th - 6 th Grade	Blue - Brown Stripe
5:15 - 6:00pm	Youth: Karate (Group A)	4 th - 6 th Grade	Yellow Belt (& stripes)
6:00 - 6:45pm	Adult: Fitness Boot Camp		
6:45 - 7:30pm	Youth: Karate (Group B)	K - 6 th Grade	All Ranks

FRIDAY

3:00 - 3:45pm	Youth: Fitness Boot Camp		
4:00 - 4:45pm	Help Classes		*Topics Emailed Weekly
4:45 - 5:30pm	Youth: Weapons Instruction	All Grades	*Weapon Rotation
5:30 - 6:15pm	Team Dojo: Weapons	Youth & Adult	
6:30 - 7:30pm	Adult Karate		All Ranks
6:30 - 7:30pm	Rank Graduation		*Friday following Rank Test

*Weapon Rotation: January-April (Sword), May - August (Bokken), September - December (Contemporary Bo)

BRIAN PENA'S

DOJO

www.TheKarateDojo.com



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PRIVATE TRAINING

Whether you or your child are preparing for an upcoming Rank Test, want to step up your game for the next Karate tournament, want to learn new material or just want some one-on-one instruction you simply cannot beat private lessons with Sensei or any Blackbelt at The Karate Dojo!

Many different time options are available!

Schedule your personal time with our Office Director today!!

RANK TEST / GRADUATION

Rank Test will be held on the final Saturday morning of each month.

Each student will be tested and scored to determine if they have learned enough of their material to move onto the next belt level. We only promote our students when they are ready to be promoted.

Rank Graduation will generally occur on the following Friday after each Rank Test.

Student Must Attend Graduation to Receive New Rank

FLOOR "B"

TEAM DOJO
 Tuesday (Youth) & Thursday (Adult): 6:00 - 6:30pm

HELP CLASSES (Topics Emailed Weekly)
 Monday & Wednesday: 6:00 - 6:45pm

YOGA
 Wednesday: 7:00 - 8:15pm



THE KARATE DOJO
 空手道場
 PATIENCE DISCIPLINE HUMILITY

LITTLE NINJAS (4K and Kindergarten)
 Tuesday & Thursday: 5:30 - 6:00pm
Taught by Lieutenant Teena Gooding

FREE TKO: Women's Self Defense FREE
 Tuesday: 6:30 - 7:30pm

ADULT FIGHT CLASS
 Thursday: 6:00 - 7:00pm