

WATSON'S FAMILY KARATE SCHEDULE

FAMILY CLASSES

	Mon. Forms	Tues. Forms	Wed. Sparring/ Bag	Thurs. Forms	Fri. Sparring/ Bag	Sat. Forms	Sun. Power Hours
WHITE (beginners)	5:45-6:15	5:00-5:30	5:15-6:00	6:30-7:00	5:00-5:45	10:15-11:00	9:15-10:00
YELLOW	6:15-7:00	6:15-7:00	5:15-6:00	5:00-5:45	5:00-5:45	10:15-11:00	9:15-10:00
ORANGE	6:15-7:00	6:15-7:00	6:00-7:00	5:00-5:45	6:15-7:00	11:00-11:45	9:15-10:00
GREEN	5:00-5:45	5:30-6:15	6:00-7:00	5:45-6:30	6:15-7:00	11:00-11:45	10:00-12:00
PURPLE	5:00-5:45	5:30-6:15	6:00-7:00	5:45-6:30	6:15-7:00	11:00-11:45	10:00-12:00
BLUE	5:00-5:45	5:30- 6:15	6:00-7:00	5:45-6:30	6:15-7:00	1:45-2:45	10:00-12:00
RED	7:00-8:00	7:00-8:00	6:00-7:00	7:00-8:00	6:15-7:00	1:45-2:45	10:00-12:00
BROWN- BLACK	7:00-8:00	7:00-8:00	6:00-7:00	7:00-8:00	6:15-7:00	1:45-2:45	10:00-12:00
EXTRA CLASSES					5:45-6:15 Open Class	12:45-1:45 Weapons	
XMA CLASSES			7:00-8:00 Team A & B	8:00-8:45 Team A		11:45-12:45 Team A & B	
ADULT A.M.	10:00-11:00		10:00-11:00	10:00-11:00	10:00-11:00		
ADULT P.M.	8:00-9:00	8:00-9:00	8:00-9:00	8:45-9:45			
LITTLE DRAGON				6:30-7:00		9:45-10:15	
CARDIO AM	9:15-10:00 BAG	9:15-10:00 BAG	9:15-10:00 BAG	9:15-10:00 CIRCUIT	9:15-10:00 BAG	9:00-9:45 BAG	
BODY BLAST				8:00-8:45			

Students should arrive 10 minutes before class.

Sparring classes are Wed. and Fri., for Orange Belts and above full safety equipment is required to participate.

Form days are Mon., Tues., Thurs. and Saturday.

Contact us @ 905 727 7144 **Schedule Starts January 8th, 2018**