

Kaizen Dojo – 2015 Class Schedule

- **Monday & Wednesday**

- 3:30 pm – Pre K and Kinder Karate Ages 3-4
- 4:00 pm - Beginning /Intermediate Kids Ages 4-6
- 4:45 pm - Beginning /Intermediate Kids Ages 7-11
- 5:30 pm - Beginning /Intermediate Kids Ages 7-11
- 6:15 pm - Beginning /Intermediate Kids Ages 4-11
- 7:15 pm - All Levels Teens/Adults - Ages 12+
- 8:15 pm - Beginning/Intermediate Adults

- **Tuesday & Thursday**

- 12:00 pm - Adults
- 3:30 pm - Intermediate/Advanced Kids (by Invitation)
- 4:15 pm - Intermediate/Advanced Kids (by Invitation)
- 5:15 pm - Intermediate/Advanced Kids (by Invitation)
- 6:15 pm - All Levels Teens/Adults- Ages 12+

- **Friday**

- 4:00 pm - Beginning /Intermediate Kids Ages 4-6
- 4:45 pm - Beginning /Intermediate Kids Ages 7-11
- 5:30 pm - Beginning /Intermediate Kids Ages 7-11
- 6:15 pm - Beginning/Intermediate Kids Ages 4-11
- 7:15 pm - Cardio Karate Kickboxing - w/Sensei Ginger

- **Saturday**

- 9:15 am - Intermediate Kids (Orange - Blue Belts)
- 10:00 am - Beginning /Intermediate Kids Ages 4-11
- 11:00 am - Teens & Adults
- 12:00 pm - Intermediate Kids (Orange - Blue Belts)
- 1:00 pm - Beginning BJJ Kids/Women - w/Sensei Jocelyn
- 3:00 pm - Traditional Kata/Application Class (By Invitation)
- 4:00 pm - Traditional Weapons Class (By Invitation)
- 5:00 pm - All Levels Teens/Adults- Ages 12+

Yoga

- **Tuesday/Thursday**

- 7:15 pm w/ Yvette Hamaya