

# COLLEYVILLE FAMILY KARATE SCHEDULE

## Monday

START	END	BLUE CLASSROOM	RED CLASSROOM	NOTES
8:30 am	9:30 am	Cardio-Kickboxing		
9:30 am	10:30 am	Kenpo-Adults-All		
5:00 pm	5:30 pm	Little Dragons		
6:00 pm	7:00 pm	Juniors – All Ranks		
7:00 pm	8:00 pm	Kenpo-Adults-All		
8:00 pm	9:00 pm	Extreme Fitness !		

## Tuesday

START	END	BLUE CLASSROOM	RED CLASSROOM	NOTES
9:30 am	10:30 am	Kenpo-Adults-All	Yoga	9:45 am – 11:00 am
4:00 pm	5:00 pm	Juniors-All Ranks		
5:00 pm	6:00 pm	Juniors-All Ranks		
6:00 pm	7:00 pm	Kenpo Adults-All	Yoga	6:00 pm – 7:00 pm
7:00 pm	8:00 pm	Cardio-Kickboxing		
8:00 pm	9:00 pm	Kenpo-Adults-All		

## Wednesday

START	END	BLUE CLASSROOM	RED CLASSROOM	NOTES
8:30 am	9:30 am	Cardio-Kickboxing		
9:30 am	10:30 am	Kenpo-Adults-All		
4:30 pm	5:00 pm	Little Dragons		
5:00 pm	6:00 pm	Juniors-Sparring Drills		
6:00 pm	7:00 pm	Juniors Brown/Black Belts		
7:00 pm	8:00 pm	Kenpo-Adults-All		
8:00 pm	9:00 pm	Cardio-Kickboxing		

## Thursday

START	END	BLUE CLASSROOM	RED CLASSROOM	NOTES
9:30 am	10:30 am	Kenpo-Adults-All	Yoga	9:45 am – 10:45 am
4:00 pm	5:00 pm	Juniors-All Ranks		
5:00 pm	6:00 pm	Juniors-All Ranks		
6:00 pm	7:00 pm	Kenpo-Adults All	Yoga	6:00 pm – 7:15 pm
7:00 pm	8:00 pm	Cardio-Kickboxing		
8:00 pm	9:00 pm	Kenpo-Adults All		

## Friday

START	END	BLUE CLASSROOM	RED CLASSROOM	NOTES
8:30 am	9:30 am	Extreme Fitness !		
9:30 am	10:30 am	Kenpo-Adults All	Yoga	9:45 am – 11:00 am
4:30 pm	5:00 pm	Little Dragons		
5:00 pm	6:00 pm	Juniors All Ranks		
6:00 pm	7:00 pm	Kenpo-Adults-All		

## Saturday

START	END	BLUE CLASSROOM	RED CLASSROOM	NOTES
8:30 am	9:30 am	Cardio-Kickboxing		
9:30 am	10:00 am	Little Dragons		
10:00 am	11:00 am	Juniors-All Ranks		
11:00 am	12:00 pm	Kenpo-Adults All	Adult Brown/Black Belts	
12:00 pm	1:00 pm	Open Sparring	Open To Any Martial Artist From Any School or Style!	
1:15 pm	2:15 pm	Yoga		
2:30 pm	3:45 pm	Yoga		

Yellow Box Indicates New Class or New Class Time

Cardio-Kickboxing	Little Dragon Classes	Junior Dragon Classes	Kenpo Adult Classes
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Little Dragons= 4, 5, and 6 yrs old      Juniors = 7 thru 12 years old      Adults = 13 yrs +

817-485-9700      [www.colleyvillekarate.com](http://www.colleyvillekarate.com)      Effective 2/1/10

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