



karatememphis.com

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1645 Bonnie Lane -

USA KARATE

Cordova, TN 38016 (901) 759-0890

Spring Schedule 2018

| MONDAY "A" DAY | TUESDAY "A" DAY | WEDNESDAY "B" DAY | THURSDAY "B" DAY | FRIDAY "A" DAY | SATURDAY "B" DAY | |
|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|---------------------------------------------------|---------------------------------------------------------------------------------------|
| All Ninjas 5:45 - 6:15 | All Ninjas 4:15 - 4:45 | All Ninjas 5:45 - 6:15 | All Ninjas 4:15 - 4:45 | All Ninjas 4:30 - 5:00 | All Ninjas 10am - 10:30 | <input checked="" type="checkbox"/> Please arrive 10 - 15 minutes prior to class time |
| White - Orange Basic (7 - 12) 4:15 - 5:00 | White - Orange Basic (7 - 12) 6:45 - 7:30 | White - Orange Basic (7 - 12) 4:15 - 5:00 | White - Orange Basic (7 - 12) 6:45 - 7:30 | White - Orange Basic (7 - 12) 5:45-6:30 | White - Orange Basic (7 - 12) 11:45 - 12:30 | <input checked="" type="checkbox"/> Remain in proper warm up area |
| Yellow - Blue BBTC (7 - 12) 5:00 - 5:45 | Yellow - Blue BBTC (7 - 12) 6:00 - 6:45 | Yellow - Blue BBTC (7 - 12) 5:00 - 5:45 | Yellow - Blue BBTC (7 - 12) 6:00 - 6:45 | Yellow - Blue BBTC (7 - 12) 5:45-6:30 | Yellow - Blue BBTC (7 - 12) 10:30 - 11:15 | <input checked="" type="checkbox"/> Never disturb class in session |
| Purple through Black (7 - 12) 6:15 - 7:00 | Purple through Black (7 - 12) 4:45 - 5:30 | Purple through Black (7 - 12) 6:15 - 7:00 | Purple through Black (7 - 12) 4:45 - 5:30 | Purple through Black (7 - 12) 5:45 - 6:30 | Purple through Black (7 - 12) 10:30 - 11:15 | <input checked="" type="checkbox"/> Quietly stretch and prepare for class |
| | Elite 5:30 - 6:00 | | Elite 5:30 - 6:00 | | Elite 11:15 - 11:45 | <input checked="" type="checkbox"/> All jewelry must be removed prior to class |
| Krav Maga 7:00-8:00 | | Krav Maga 7:00 - 8:00 | | | Krav Maga 9:00 - 10:00 | <input checked="" type="checkbox"/> All valuables should be left in your car |
| BJJ- 8:00 | Adult Shotokan 7:30 - 8:30 | BJJ- 8:00 | Adult Shotokan 7:30 - 8:30 | Adult Shotokan 5:00 - 5:45 | | <input checked="" type="checkbox"/> Clean uniform and hygiene habits are a must |
| | | | | | | <input checked="" type="checkbox"/> All guests should remain in seating area |
| | | | | | | <input checked="" type="checkbox"/> All shoes should be placed in shoe cubby |
| | | | | | | <input checked="" type="checkbox"/> Children must remain in designated area |