



Arlington's
USA Karate

& KRAV MAGA
 www.karatememphis.com
 TN. 38002 (901) 388-1800

International Award-Winning Leadership since 1984

5780 Airline Rd. # 105. Arlington

(Schedule Effective January 19, 2018)

| MONDAY "A" DAY | TUESDAY "A" DAY | WEDNESDAY "B" DAY | THURSDAY "B" DAY | FRIDAY "A" DAY | SATURDAY "B" DAY | |
|---|---|---|---|-------------------|--------------------------------------|---|
| | | | | | | <input checked="" type="checkbox"/> Please arrive 10 - 15 minutes prior to class time |
| | | | | | | <input checked="" type="checkbox"/> Remain in proper warm up area |
| 2 nd Green-2 nd Purple 5:30-6:15 | 2 nd Green-2 nd Purple 4:15-5:00 | 2 nd Green-2 nd Purple 5:30-6:15 | 2 nd Green-2 nd Purple 4:15-5:00 | | | <input checked="" type="checkbox"/> Never disturb class in session |
| All Ninjas 4:30-5:00 | All Ninjas 6:15-6:45 | All Ninjas 4:30-5:00 | All Ninjas 6:15-6:45 | | All Ninjas 10:00-10:30 | <input checked="" type="checkbox"/> Quietly stretch and prepare for class |
| White, Yellow, Orange & Green 5:00-5:30 | White, Yellow, Orange & Green 6:45-7:15 | White, Yellow, Orange & Green 5:00-5:30 | White, Yellow, Orange & Green 6:45-7:15 | | ALL JRS 10:30-11:15 | <input checked="" type="checkbox"/> All jewelry must be removed prior to class |
| Red & up 6:15-7:00 | Red & up 5:30-6:15 | Red & up 6:15-7:00 | Red & up 5:30-6:15 | | | <input checked="" type="checkbox"/> All valuables should be left in your car |
| Adult Krav maga 7:00-8:00 | | Adult Krav Maga 7:00-8:00 | | | Adult and Kids BJJ 11:15-12:15 | <input checked="" type="checkbox"/> Clean uniform and hygiene habits are a must |
| | Kids BJJ 5:00-5:30 | | Kids BJJ 5:00-5:30 | | | <input checked="" type="checkbox"/> All guests should remain in seating area |
| | Adult Karate 7:15-8:00 | | Adult Karate 7:15-8:00 | | | <input checked="" type="checkbox"/> All shoes should be placed in shoe cubby |
| | | | | | | <input checked="" type="checkbox"/> Children must remain in designated area |

