



# CLASS SCHEDULE

Effective October 2019

BELT LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SAMURAI</b> (Ages 4-7)	4:45-5:15PM 6:00-6:30PM	3:30-4:00PM 4:45-5:15PM	4:45-5:15PM 6:45PM-7:15PM	4:00-4:30PM	4:30-5:00PM	9:30-10:00PM
<b>JUNIORS</b> (Ages 7-14)						
BEGINNERS	4:00-4:45PM 5:15-6:00PM	6:15-7:00PM	6:00-6:45PM	4:30-5:15PM	5:00-5:45PM	8:45-9:30PM
INTERMEDIATES	6:30-7:15	4:00-4:45	5:15-6:00PM	5:15-6:00PM	6:30-7:15PM	10:00-10:45AM
ADVANCED	7:15-8:00PM	5:15-6:00PM	7:15-8:00PM		7:15-8:00PM	10:45-11:30AM
POOM		6:00-7:00PM		7:00-8:00PM		
<b>HYPER</b>						
KIDS HYPER FIGHT CLUB				6:15-7:00PM		
HYPER PRO TRAINING					5:45-6:30PM	
<b>ADULT</b>						
TEEN & ADULT MARTIAL ARTS (Ages 15 & Up)		7:15-8:00PM		7:15-8:00PM		
FITNESS KICKBOXING	7:15-8:00PM	4:30-5:15PM	10:15AM 5:45-6:30PM	6:15-7:00PM	9:30-10:15AM	7:30-8:15AM
YOGA	6:00-7:00PM					
ZUMBA			Zumba Fitness at 7PM			

[www.WestamptonMartialArts.net](http://www.WestamptonMartialArts.net)  
[Facebook.com/WestamptonMartialArts](https://www.facebook.com/WestamptonMartialArts)

Subject to Change

Check our Facebook Group often for updates

Facebook Group: Karate Parents @ Westampton Martial Arts  
<https://www.facebook.com/groups/492026720940178/>

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