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WEEKLY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00						
6:00						
7:00						
8:00						
9:00						
10:00						
10:30						10:30-11:15 All Students
11:00						
11:30						
12:00						
4:00						<u>KARATE PROGRAMS</u> TW: Tiny Warriors (3-5) LW: Little Warriors (5-8) JW: Junior Warriors (9-12) Adults (13+)
4:30		4:30-5:15 Intermediates		4:30-5:15 Intermediates		
5:00			5-5:30 TW			
5:30	5:00-6:15	5:30-6:15	5:30-6:15	5:30-6:15		
6:00	Body Blast	Beginners	Body Blast	Beginners		
6:30		6:30-7:30		6:30-7:30	Friday Night Parties, Seminars, and Testing	Body Blast- Cardio/ Conditioning and Strength Training Private Training Seminars Self-Defense Kids Birthday Parties Fundraisers Available for Rent
7:00		Advanced		Advanced		
7:30		7:00-8:00 All Ranks (Adults/ Jrs)		7:00-8:00 All Ranks (Adults/Jrs)		
8:00						
8:30						
Classes or training sessions can be scheduled by apt. or special request						

ORWIGSBURG LOCATION KARATE CLASS SCHEDULE: SATURDAYS @ 10:30AM