



KIMEKAI KARATE – CHELSEA HEIGHTS

CLASS TIMES

MONDAY

4:00-4:30 **Thunderbolts** White
4:30-5:00 **Thunderbolts** White-Yellow
5:00-5:30 **Thunderbolts** Orange & above
5:30-6:15 **Young Samurai** White-Yellow
6:15-7:00 **Squad Training Kumite/Kata**
7:00-8:00 **Adult** Green and above

TUESDAY

4:00-4:30 **Thunderbolts** White/Red
4:30-5:15 **Young Samurai** White/Red
5:15-6:00 **Young Samurai** Yellow-Green
6:00-6:45 **Young Samurai** – Blue & above
7:00-8:00 **Adult** – All Levels

WEDNESDAY

4:00-4:30 **Thunderbolts** White
4:30-5:00 **Thunderbolts** White-Yellow
5:00-5:30 **Thunderbolts** Orange & above
5:30-6:15 **Young Samurai** White-Yellow
6:15- 7:00 **Young Samurai** Brown/Black
7:00-8:00 **Adult** All Levels

THURSDAY

4:00-4:30 **Thunderbolts** Yellow and above **Sparring**
4:30-5:15 **Young Samurai** White/Yellow
5:15-6:00 **Young Samurai** Orange-Green **Kata**
6:00-6:45 **Young Samurai** Blue & above **Kata**
6:45- 7:30 **Weapons Class** Green and above
7:30-8:30 **Adults** – All levels

FRIDAY

4:00-4:30 **Thunderbolts** White-Yellow
4:30-5:00 **Thunderbolts** Orange & above
5:00-5:45 **Young Samurai** White-Green
5:45-6:30 **Young Samurai** Blue and above

SATURDAY

9:00-9:30 **Thunderbolts** – White/Red
9:30-10:00 **Thunderbolts** Yellow & above
10:00-10:30 **Thunderbolts** – Yellow & above **Sparring**
10:30-11:15 **Young Samurai** White/Red
11:15-12:00 **Young Samurai** Yellow & above **Sparring**
12:00-1:00 **Adult** – All Levels