



# STUDENT CLASS SCHEDULE

Effective June 2023

## AGES 3-6

|                                | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------------------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
| <b>Cubs</b><br>3-4 years old   |             |             |             |             |             | 10:00- 10:30a |        |
| <b>Tigers</b><br>4-6 years old | 4:50- 5:20p | 4:55- 5:25p | 3:45- 4:15p | 4:00- 4:30p | 5:40- 6:10p | 10:45- 11:15a |        |

## AGES 7-11

|                                  | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday       | Sunday                           |
|----------------------------------|-------------|-------------|-------------|-------------|-------------|----------------|----------------------------------|
| <b>Youth</b><br>White Belt       | 4:00- 4:45p | 5:30- 6:15p |             | 6:15- 7:00p | 4:50- 5:35p | 12:10a- 12:55p |                                  |
| <b>Youth</b><br>Yellow Belt & up | 5:25- 6:10p | 4:00- 4:45p | 4:20- 5:05p | 5:25- 6:10p | 4:00- 4:45p | 11:20a- 12:05p | 11:30a- 12:15p<br>All Ages Class |

## AGES 12+

|                               | Monday      | Tuesday     | Wednesday   | Thursday    | Friday                    | Saturday                  | Sunday                           |
|-------------------------------|-------------|-------------|-------------|-------------|---------------------------|---------------------------|----------------------------------|
| <b>Teen</b><br>Age 12 and up  | 6:15- 7:00p |             | 6:00- 6:45p |             | 6:15- 7:00p<br>Teen/Adult | 9:00- 9:45a<br>Teen/Adult | 11:30a- 12:15p<br>All Ages Class |
| <b>Adult</b><br>Age 15 and up |             | 6:20- 7:05p |             | 7:05- 7:50p | 6:15- 7:00p<br>Teen/Adult | 9:00- 9:45a<br>Teen/Adult | 11:30a- 12:15p<br>All Ages Class |

## BLACK BELTS

|  | Monday | Tuesday              | Wednesday                | Thursday | Friday                   | Saturday                  | Sunday |
|--|--------|----------------------|--------------------------|----------|--------------------------|---------------------------|--------|
| <b>BB Experience</b><br>Brown/Black Belt           |        | Prep<br>7:10 – 8:00p |                          |          | Sparring<br>7:05 – 8:30p | Endurance<br>8:00 – 9:00a |        |
| <b>Black Belt</b><br>1 <sup>st</sup> Degree and up |        |                      | BB Class<br>6:50 – 7:40p |          | Sparring<br>7:05 – 8:30p |                           |        |

## ADDITIONAL PROGRAMS (Attending Sparring and/or Leadership require 2-class per week memberships)

|                                     | Monday                             | Tuesday                     | Wednesday                       | Thursday                   | Friday                     | Saturday               | Sunday                   |
|-------------------------------------|------------------------------------|-----------------------------|---------------------------------|----------------------------|----------------------------|------------------------|--------------------------|
| <b>Sparring</b><br>Orange Belt & up |                                    |                             | Level 1 & 2<br>5:10- 5:55p      | Level 1 & 2<br>4:35- 5:20p | Level 2 & 3<br>7:05- 7:50p |                        |                          |
| <b>Leadership</b>                   |                                    | 4:55– 5:25p                 | 7:50- 8:30p<br>(BB invite only) |                            |                            |                        |                          |
| <b>Extras</b>                       | Demo (invite only)<br>7:00 – 8:00p | Filipino MA<br>8:00 - 8:45p |                                 |                            |                            | Fitness<br>8:00– 9:00a | Fitness<br>10:00- 11:00a |

(925) 443-2008 1120 E. Stanley Blvd Livermore, CA 94550  
www.LivermoreKarateSchool.com