



Karate International Summer Schedule

(603) 778-8475 lisa@kimacnh.com www.kimacnh.com

Begins Monday June 26th, 2017

No Group Classes July 18th, 2017 due to belt testing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	<ul style="list-style-type: none"> -Please arrive 10-15 minutes prior to class time -Remain in shoe area if a class is on your mat. -Never disturb classes in session -Quietly stretch on your mat to prepare for class before it begins -All Jewelry must be removed prior to class -All valuables should be left in your vehicle. -Clean uniform and hygiene habits are a must -School tee shirt and shorts should be worn under uniform -All guests should remain in the viewing room -All shoes must be kept in shoe area. Coats hung up on hooks
			Youth Open 10:00am-10:50am Mat 1	Youth Open 10:00am-10:50am Mat 1	Adult Open Mat 8:15am-9:00am mat 1	
			Teen Open 11:00am-11:50am Mat 1	Teen Open 11:00am-11:50am Mat 1	Adult Kenpo 9:00am-9:50am mat 2	
Junior Black Belts 4:00-4:50pm Mat 1	Tots Open 4:00pm-4:30pm Mat 1	Tots Open 3:30pm-4:00pm Mat 1	Tots Open 12:00pm-12:30pm Mat 1	Tots Open 12:00-12:30pm Mat 1	Youth Open 9:00am-9:50am Mat 1	
Youth Open 5:00-5:50pm Mat 1	Varsity 4:00pm-4:50pm Mat 2	Youth Open 4:00-4:50pm Mat 1			Tots Open 10:00-10:30am Mat 1	
Teen Open 6:00-6:50pm Mat 1	Junior Black Belts 5:00-5:50pm Mat 1	Teen Open 5:00pm-5:50pm Mat 1	Youth BJJ Open 4:00pm-4:45pm Mat 1			
Adult Kenpo 7:00-7:50pm Mat 1	Youth Open 6:00-6:50pm Mat 1	Varsity 5:00-5:50pm Mat 2	Teen/Adult BJJ 4:50-5:50pm Mat 2			
	Adult Kickboxing 7:00pm-7:50pm Mat 2	Adult Kickboxing 6:00-6:50pm Mat 2	Tots Open 5:00pm-5:30pm Mat 1			
	Demo Team 7:00pm-7:50pm Mat 1	Private Lessons 6:00-7:30	Youth Open 6:00pm-6:50pm Mat 2			
			Adult Kenpo 7:00pm-7:50pm Mat 1			

Tots Program- 4-6 year olds Youth Program- 7-12 year olds Teen Program- 12-17 year olds Adult Program- 18+

BJJ- Instructor Invitation

Private Lessons-By Appointment only (available in 30 minute blocks)