

Luth's Family Karate Class Schedule

<p>Monday:</p> <p>3:00-4:00pm Middles school class 4:15-5:00pm All 4-6 yr olds 5:00-5:45pm All 7 & 8 yr olds 6:00-7:00pm Yoga 6:00-7:30pm All Rank Adults</p> <p>(If we have a Monday holiday the above schedule will be moved to Friday of that week!)</p>	<p>Tuesday:</p> <p>8:00-9:00am Qigong 9:00-10:00am Yoga</p> <p>10:30-11:30am Adult class 4:15-5:00pm All 7 & 8 yr olds 5:00-5:45pm All 4-6 yr olds 5:45-6:30pm All 9-12 yr olds 6:30-8:00pm Adults & Teen</p>	<p>Wednesday:</p> <p>4:15-5:00pm All 4-7 yr olds 5:00-5:45pm All 8 & 11 yr olds 6:00-7:00pm All Rank Adults</p> <p>Classes added in October Weapons class @ 4:30-5pm Sparring class @ 5-5:45pm</p>
<p>Thursday:</p> <p>8:00-9:00am Qigong 4:15-5:00pm All 4-6 yr olds 5:00-5:45pm All 7 & 8 yr olds 5:00-6:00pm Teen Yoga class 5:45-6:30pm All 9-11 yr olds 6:30-7:30pm Teen Class 7:30-8:30pm Adults Only! 6:30-7:30pm Yoga</p>	<p>Friday:</p> <p>No Classes!</p> <p>Friday's will be our Monday holiday make-up day!</p>	<p>Saturday:</p> <p>No Classes!</p> <p>Effective September 10th!</p>