Luth's Family Karate Class Schedule

Monday: 4:15-5:00pm All 9-12 yr olds 5:00-5:45pm All 7 & 8 yr olds **6:00-7:00pm Yoga** 6:00-7:30pm All Rank Adults	**Tuesday:** **9:15-10:15am Yoga** 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 6:30-7:30pm Adults & Teen	**Wednesday:** 3:00-4:00pm Middle School 4:15-5:00pm Make-up 5:00-5:45pm All 7 & 8 yr olds 6:00-7:00pm All Rank Adults
Thursday: 4:15-5:00pm All 4-6 yr olds 5:00-5:45pm All 7 & 8 yr olds 5:45-6:30pm All 9-11 yr olds 6:30-7:30pm Teen Class **6:30-7:30pm Yoga** 7:30-8:30pm Brown & Black	**Friday:** **11:00am-noon Yoga** 5:30-7:00pm All Adult Ranks	**Saturday:** 8:00-8:45am 4-12 yr olds 8:45-9:30am Alternating weeks Sparring or weapons