



ICHIBAN KARATE & FITNESS - FALL SCHEDULE - EFFECTIVE October 2024

MON A-Day	TUES A-Day	WED B-Day	THUR B-Day	FRI A/B-DAY	SAT A/B-Day
4:00pm-4:30pm Ninjas & Dragons	5:00pm - 5:45pm Karate Youth Blue+	4:00pm-4:30pm Ninjas & Dragons	4:15-4:45pm Ninjas & Dragons	Monthly events <i>Please check the event page on the website</i>	9:30am-10:00am Dragons & Beginner Ninjas
4:45pm-5:30pm Karate Youth all levels		4:45pm-5:30pm Karate Youth all levels	4:45pm-5:30pm Karate Youth White - Orange		10:00am-10:30am Advanced Ninjas White belt with red stripe+
5:30pm - 6:45pm Karate Adults & Teens		5:30pm - 6:30pm Karate Adults & Teens	6:30pm-7:15pm Karate Youth Blue+		10:00am-11:00am Karate Adults & Teens
6:45pm-7:30pm Sparring Teens & Adults					10:30am - 11:00pm Sparring - striking Youth & Teen
					11:00am-11:45am Sparring - grappling Youth & Teen
Fitness Schedule					
	6:00pm - 6:45pm Bag Fitness	6:30pm-7:00pm H.I.I.T	5:45pm-6:30pm Bag Fitness		8:15am-9:00am Cardio Kickboxing & Weights