Wellness Martial Arts Inc.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Katas/Basics	Katas/Basics	Weapons/Basics	Sparring/Self Defence	Sparring/Self Defence	Weapons/Basics
4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	9:00-9:45
Little Champs Beginner - 30 min	Little Champs Intermediate - 30 min	Little Champs Beginner - 30 min	Little Champs Advanced - 30 min	Little Champs Beginner - 30 min	Black
5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	9:45-10:30
Orange	White	Orange	White	Intro to Sparring	Mixed Belt White-Orange
5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	10:30-11:15
Green	Yellow	Green	Yellow	Beginner Sparring	Black Belt Training
6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	
Blue/Brown	Black Belt Training	Blue/Brown	Black Belt Training	Intermediate Sparring	
7:15-8:00	7:15-8:00	7:15-8:00	7:15-8:00	7:15-8:00	
Yellow	Black	White	Black	White	
8:00-8:45	8:00-8:45	8:00-8:45	8:00-8:45	8:00-8:45	
Teen/Adult 13+	Xtreme Arts Competition Forms	Teen/Adult 13+	Xtreme Arts Competition Sparring	Teen/Adult 13+	

Members Page

“Karate begins and ends with courtesy.”
– Master Gichin Funakoshi