



## 2009 Fall Schedule—Starts September 28

All Classes are Uechi-ryu Karate except where noted

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:00 AM Adults						9:30 AM Ages 3—5
MMA Elite SD		2:15 PM Adults All Ranks		2:15 PM Adults All Ranks		10:00 AM Ages 6–14 All Ranks
		3:30 PM Introductory Class or Private Less		3:30 PM Introductory Class or Private Less		11:00 AM Sparring All Ages All Ranks
	4:15 PM Introductory Class or Private Less	4:00 PM <b>Leadership Purple and Red Belts</b>	4:15 PM Introductory Class or Private Less	4:00 PM <b>Juniors Black Belt Club</b>		11:45 AM Uechi-ryu Adults and Family Class
	4:45 PM <b>Juniors Weapons and Chanbara</b>	4:45 PM Ages 6–10 Yellow and Purple Belts	4:45 PM <b>Kid-Jujitsu</b>	4:45 PM Ages 6–10 Yellow and Purple Belts		12:45 PM <b>Kid-Jujitsu</b> (45 Minutes)
	5:30 PM Ages 6–10 Begin, White, Yellow Belts	5:45 PM Ages 3—5	5:30 PM Ages 6–10 Begin, White Yellow Belts	5:45 PM Ages 3—5	6:00 PM Women's Self-Defense Class	2:30 PM <b>Birthday Parties</b>
	6:30 PM Ages 11+ Up White, Yellow, Purple, Green	6:15 PM Ages 6-10 Purple Belts Red Belts	6:30 PM Ages 11+ Up White, Yellow, Purple, Green	6:15 PM Ages 6-10 Purple Belts Red Belts		5:30 PM <b>Parent's Night Out</b>
	7:30 PM Ages 15 + Up White and Green Belts	7:15 PM Red Belts Brown Belts Black Belts	7:30 PM Ages 15 + UP White and Green Belts	7:15 PM Red Belts Brown Belts Black Belts		<b>When Scheduled</b>
	8:30 PM <b>Adult MMA</b>	8:30 PM <b>Adult Weapons and Chanbara</b>	8:30 PM <b>Adult MMA</b>	8:30 PM <b>Leadership Instructors Class</b>		