

USA Karate Woodbury

Adult Schedule

Woodbury 651-998-0960

Effective January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:00am Green/Above 11:50am No White/ Gold		11:00am Green/Above 11:50am No White/ Gold	Graduation Day First Friday of the Month White- Gold Juniors 5:00pm Green- Purple Juniors 5:30pm Blue- Red Juniors 6:00pm All Black Belt Candidates 6:30pm All Adult Graduates 7:15pm	
Head Instructors Master Steve Pruden Ms. Amanda Chiodo Mr. Stan Riser Mr Eric Taylor School Directors Troy Lewis Lisa Pruden					
7:00pm No/White B Gold B	7:00pm Purple/Blue A Gold/Green B	7:00pm No/White A Gold/Green/Purple B	7:00pm Red Belts B Blue Belts B	6:30pm Brown/Black Pretest	12:15pm No/ White B Gold Belts B
7:45pm Black Belts A Brown Belts B	7:45pm No/White A	7:45pm Beginner sparring Green/Above B	7:45pm Brown Belts A Gold/Green B Purple Belts B	7:10pm Pad Drills All Belts	1:15pm Adult Forms Class Green/ Above B
8:30pm Green/Purple A Red Belts B Blue Belts C	8:30pm Red Belts A Brown/Black Belts B	8:30pm Adv. Sparring Green/Above B	8:30pm No/White A Black Belts B		2:00pm Family Class All Belts C