

# USA Karate Woodbury

## Head Instructors

Steve Pruden/ Amanda Chiodo / Stan Riser

School Directors Troy Lewis/ Lisa Pruden

## Junior schedule

Woodbury 651-998-0960

## Assistant Instructors

Katie Anderson/ Eric Taylor/ Jesse Lewis

Jaynell Feider/ Kelsey Lewis/ Kevin Harrel

Effective Sept. 8th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am Superkids A			9:30am Superkids A	<b>Graduation Day</b> First Friday of the Month Superkids 4/4:30pm 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	
10:30am Superkids A			10:00am		
4:00pm Red Belts A Brown Belts B	4:00pm No/White Belts B Black Juniors C	4:00pm Gold Belts A No/White Belts B	4:00pm Blue Belts A Brown/Adv Brown B Green Belt C		
4:30pm No/White Belts A Blue Belts C	4:30pm Green Belts C Brown Belts B Adv. Browns B	4:30pm Purple Belt A Gold Belts B	4:30pm Gold Belts A No/White Belts B		
5:00pm Green Belts A Adv. Browns B	5:00pm No/White Belts B Gold Belts C	5:00pm No/White Belts A Red Belts B	5:00pm Red Belts A Brown Belts B Adv. Browns B	4:30pm Adv. Browns A Purple Belts B	9:30am Superkids A
5:30pm Gold Belts A No/White Belts B	5:30pm Blue Belts A Purple Belts B	5:30pm Junior Form Class Green/Above B Brown Belts A	5:30pm Green Belts A Purple Belts B	5:00pm Blue Belts A Green Belts B	10:00am Superkids A
6:00pm Superkids A Purple Belts B	6:00pm Superkids A Red Belts B	6:00pm Green Belts A Adv. Browns B	6:00pm Superkids A No/White Belts B	4:30pm No/White Belts B Red Belts A	10:30am No/White A Gold Belts B
6:30pm Superkids A	6:30pm Superkids A	6:30pm Blue Belts B	6:30pm Superkids A	6:00pm Gold Belts A Brown Belts B	11:00am Green/Above Junior Forms Class
7:00pm Black Juniors A	7:00pm	7:00pm	7:00pm Black Juniors A	6:30pm Pretest A	11:45am Green/Above B Junior Sparring
		7:45pm Black Junior A Sparring			12:15pm Advanced Junior Flips Class
					1:10pm Green/Above Junior Flips Class
					2:00pm ***Purple/Above B Junior Weapons

\*\*\* 1st and 3rd Saturday Bo and Chux Class / 2nd and 4th Saturday Sword and Kama Class \*\*\* Must Bring Weapons