USA Karate Woodbury

Adult Schedule

Woodbury 651-998-0960

Effective January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:00am Green/Above		**11:00am** Green/Above	**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**	
	11:50am No White/ Gold		**11:50am** No White/ Gold		
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