



CLASS SCHEDULE (as of January 1, 2022)

7601 E. Gray Rd, Stes H & I ~ Scottsdale, AZ 85260

Mondays @:

- 4:30pm - Youth Karate w/ Sensei Stites and Sensei Andrew (all ranks)
- 4:30-5:15pm - Strength & Conditioning w/ Jenna (adults only - teens by invitation - all ranks)
- 5:30pm - 4-Week Intensives (see separate calendar for info)
- 6:30pm - Teen & Adult Karate w/ Sensei JM, Senpai Christina or Senpai Wynn (all ranks)

Tuesdays @:

- 4:30-5:15pm - Strength & Conditioning w/ Jenna (adults only - teens by invitation - all ranks)
- 5:30pm - Kobudo w/ Sensei Andrew (youth, teen & adult, all ranks)
- 5:30-6:15pm - Strength & Conditioning w/ Jenna (adults only - teens by invitation - all ranks)
- 6:30pm - Advanced Karate w/ Sensei Wert, Sensei Carlos, Sensei Newland or Sensei Tiffany (brown & black belts, green belts by invitation)

Wednesdays @:

- 4:30pm - Youth Karate w/ Sensei Tiffany & Senpai Ryan (all ranks)
- 4:30-5:15pm - Strength & Conditioning w/ Jenna (adults only - teens by invitation - all ranks)
- 5:30pm - Kata with Sensei Wert or Sensei Missy (youth, teen & adult, all ranks)
- 6:30pm - Teen & Adult Karate w/ Sensei Wert, Sensei Carlos or Sensei Tiffany (all ranks)

Thursdays @:

- 4:30-5:15pm - Strength & Conditioning w/ Jenna (adults only - teens by invitation - all ranks)
- 5:30pm - Intermediate Karate w/ Sensei Wert, Sensei Carlos or Sensei Tiffany & Senpai Shadow Dragon (youth, teen & adult, purple thru green belts, orange belts by invitation)
- 5:30-6:15pm - Strength & Conditioning w/ Jenna (adults only - teens by invitation - all ranks)
- 6:30pm - Kobudo w/ Sensei Jim (youth, teen & adult, all ranks)

Fridays @:

- 4:30pm - Youth Fitness Fun Friday w/ Sensei Andrew & Senpai Druv (all ranks)
- 5:30pm - Tournament Team w/ Sensei Andrew (youth, teen & adult, all ranks)

Saturdays @:

- 8-8:45am - Strength & Conditioning w/ Jenna (adults only - teens by invitation - all ranks)
- 8-9:30am - Monthly Karate at Cactus Park (youth, teen & adult, all ranks):
Jan 8 w/Sensei Missy, Feb. 12 w/Sensei JM, March 12 w/ Sensei Newland

Sundays @:

Open Mat (youth, teen & adult, all ranks); Dates TBA

All martial arts classes are 50-minutes unless noted
Dojo membership rates: \$109/month unlimited classes
4-Week Intensives: \$39 for dojo members; \$49 for non-members
Strength & Conditioning: Free for dojo members; \$20 drop-in for non-members

