



CLASS SCHEDULE

(as of Oct. 4, 2021)

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

Mondays @:

- 4:30pm - Youth Karate w/ Sensei Missy & Sensei Andrew (all ranks)
- 4:30-5:15pm - Strength & Conditioning w/ Jenna (teen & adult, all ranks)
- 5:30pm - Tournament Team w/ Sensei Andrew (youth, teen & adult, all ranks)
- 6:30pm - Karate w/ Sensei JM, Senpai Christina or Senpai Wynn (teen & adult, all ranks)

Tuesdays @:

- 4:30-5:15pm - Strength & Conditioning w/ Jenna (teen & adult, all ranks)
- 5:30pm - Kobudo w/ Sensei Andrew (youth, teen & adult, 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 & Sensei Andrew (all ranks)
- 4:30-5:15pm - Strength & Conditioning w/ Jenna (teen & adult, all ranks)
- 5:30pm - Kata with Sensei Wert & Senpai Drew (youth, teen & adult, all ranks)
- 6:30pm - Karate w/ Sensei Wert, Sensei Carlos or Sensei Tiffany (teen & adult, all ranks)

Thursdays @:

- 4:30-5:15pm - Strength & Conditioning w/ Jenna (teen & adult, 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)
- 6:30pm - Kobudo w/ Sensei Jim (youth, teen & adult, all ranks)

Fridays @:

- 4:30pm - Youth Karate w/ Sensei JM, Sensei Andrew & Senpai Druv (all ranks)

Saturdays @:

- 8-8:45am - Strength & Conditioning w/ Jenna, Chris, Carlos or Tiffany (teen & adult, all ranks)
- 8-9:30am - Karate at Cactus Park (youth, teen & adult, all ranks); 10/9, 11/6, 12/11

Sundays @:

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

All karate classes are 50-minutes unless noted
Dojo Karate membership rates: \$109/month unlimited classes
Strength & Conditioning non-dojo members: \$15 drop-in

