

Peaceful Warrior Martial Arts & Healing Center

Class Schedule (Effective August 20, 2018)

Classes are suitable for All Ranks unless otherwise noted

Monday

Main Floor

Traditional Floor

4:25 - 5:25	Youth Karate		
5:30 - 6:30	Youth, Teen, Adult Kumite (Sparring)	5:45 - 6:30	CrossKick
6:35 - 7:35	Teen, Adult Karate		

Tuesday

Main Floor

Traditional Floor

5:30 - 6:30	Youth, Teen, Adult Kobudo (Weapons)		
6:35 - 7:35	Teen, Adult Advanced Karate – Brown thru Black	6:30 - 8:00	Aikido (separate program – please inquire)*

Wednesday

Main Floor

Traditional Floor

4:25 - 5:25	Youth Karate		
5:30 - 6:30	Youth, Teen, Adult Kata	5:15 - 5:55	Little Warriors
6:35 - 7:35	Teen, Adult Karate		

Thursday

Main Floor

Traditional Floor

5:30 - 6:30	Youth, Teen, Adult Intermediate Karate – Purple thru Green		
6:35 - 7:35	Youth, Teen, Adult Kobudo (Weapons)	6:30 - 8:00	Aikido (separate program – please inquire)*

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Friday

Main Floor	Traditional Floor		
4:25 - 5:25	Little Warriors, Youth Beginning Karate – White thru Orange		
5:30 – 7:00	Tournament Team		

Saturday

Main Floor	Traditional Floor		
9:30 - 10:30	Youth, Teen, Adult, Family Karate		
10:35 - 11:35	Instructor's Choice (kickboxing, self-defense, grappling etc.)		

Sunday

Main Floor	Traditional Floor		
10:00 - 11:30	Aikido (separate program – please inquire)*		

MONTHLY MARTIAL ARTS PROGRAM

Little Warriors ages 3-6	Youth ages 7-12	Teen ages 13-17	Adult 18 and up
Beginning ranks: White-Orange	Intermediate ranks: Purple-Green	Advanced ranks: Brown-Black	
\$99/mo. for 2 classes/week	\$119/mo. for 4 classes/week	\$139/mo. for unlimited classes/week	
CrossKick \$29/mo. or 5-class punch card for \$45		*Aikido is a separate program, please inquire	
Private lessons available 7-days per week!			

Family Discounts:
3rd family member 25% off
4th family member 50% off
5th family member FREE