

# Peaceful Warrior Martial Arts & Healing Center

## Class Schedule (Effective January 2, 2019)

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)		
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	4:35 - 5:15	Little Warriors
5:30 - 6:30	Youth, Teen, Adult Kata		
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 (starts February 1)		

## Saturday

Main Floor		Traditional Floor	
9:30 - 10:30	Youth, Teen, Adult 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

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

**Family Discounts:**  
**3<sup>rd</sup> family member 25% off**  
**4<sup>th</sup> family member 50% off**  
**5<sup>th</sup> family member FREE**