

Peaceful Warrior Martial Arts & Healing Center

Class Schedule (Effective March 4, 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 | | |

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 | Teen, Adult Kobudo (Weapons) | | |

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Friday

| Main Floor | | Traditional Floor | |
|-------------|---|-------------------|-----------------|
| 4:25 - 5:25 | Little Warriors, Youth Beginning Karate – White thru Orange | 4:25 – 5:05 | Little Warriors |
| 5:30 – 7:00 | Tournament Team | | |

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.) | | |

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 | |

Private lessons available 7-days per week!

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