



# Academy of Traditional Karate, Inc.

Teaching Life Skills Since 1989!

155 West Street Suite 5, Wilmington, MA 01887

978-658-2077

www.traditional-karate.com



## Class Schedule

### **\*YOUTH CLASSES\***

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b><u>Little Samurais (Ages 4,5,6, and 7) Class Schedule</u></b>						
Little Samurai						9:00-9:45
Little Samurai	4:30-5:15		4:30-5:15			12:00-12:45
Little Samurai	5:30-6:15		5:30-6:15			
Little Samurai		4:00-4:45		4:00-4:45		
<b><u>Karate Kids (Ages 7-13) Class Schedule</u></b>						
Youth Beginner	4:00-4:45		4:00-4:45			
Youth Beginner	5:30-6:15		5:30-6:15			
Youth Beginner	6:45-7:30		6:45-7:30			
Youth Beginner		5:00-5:45				9:00-9:45
Youth Beginner		5:45-6:30		5:45-6:30		
Youth Beginner (double session)						10:00-11:30
<u>Youth:</u>						
Intermediate	4:00-4:45		4:00-4:45			
Intermediate/Adv		5:00-5:45				9:00-9:45
Intermediate/Adv	5:30-6:15		5:30-6:15			
Intermediate/Adv		5:45-6:30		5:45-6:30		
Intermediate	6:45-7:30		6:45-7:30			
Intermediate/Adv.		6:45-7:35*		6:45-7:35*		
Intermediate (double session)						10:00-11:30

\*By invitation only

### **\*ADULT and TEEN CLASSES\***

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b><u>Teen (Ages 13 &amp; up) -Class Schedule</u></b>						
Teen	6:45-7:30	6:45-7:45	6:45-7:45	6:45-7:45		
<b><u>Adult (Ages 14 &amp; up) Class Schedule</u></b>						
Adult Beginner	12:00-1:00		12:00-1:00			
Parent Class	5:30-6:15		5:30-6:15			
Adult Beginner	6:45-7:45		6:45-7:45			
Adult Beginner		6:45-7:45		6:45-7:45		
Adult Beginner/Parent Class						9:00-9:45 a.m.
<u>Adult:</u>						
Intermediate	12:00-1:00		12:00-1:00			
Intermediate	6:45-7:45		6:45-7:45			
Intermediate		6:45-7:45		6:45-7:45		
Advanced	6:45-7:45*		6:45-7:45*			

\*By invitation only

### **ADDITIONAL WORKOUT TIMES**

**Free Tutoring** (Every Saturday of the month)- **Check the calendar to confirm** 10:00-11:00 am.  
**Open Floor** (Every Saturday of the month)- **Check the calendar to confirm** 10:00-11:00 a.m.

**Doshi Kai** 6:45-7:45 (Adult)\* 6:45-7:45 (Youth)\*

\*Note: usually the first Wed. & Thurs. of Month (Check monthly calendars)