



SEALY KARATE SCHOOLS

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***Note: Third Thursday of each month is belt grading, no regular classes after 4:30.**

4:30 Staff meeting , 5:30 Shihan's BBM workout, 6:15 Tutorial, 7:00 grading .

EFFECTIVE: January 5, 2010

DOJO #1	(A) MONDAY	(A) TUESDAY	(B) WEDNESDAY	(B) THURSDAY	(B) FRIDAY	(A) SATURDAY
Takeo Tigers				4:00-4:30pm	6:00-6:30pm	10:30-11:00am
White Belts	4:00-4:45pm	6:15-7:00pm	4:45-5:30pm	6:00-6:45pm	6:30-7:15pm	11:00-11:45am
Yellow Belts	4:00-4:45pm	6:15-7:00pm	4:45-5:30pm	6:00-6:45pm	6:30-7:15pm	11:00-11:45am
Orange Belts	4:45-5:30pm	5:30-6:15pm	4:00-4:45pm 6:45-7:30pm	4:30-5:15pm	5:15-6:00pm	11:00-11:45am
Green Belts	4:45-5:30pm	5:30-6:15pm	4:00-4:45pm 6:45-7:30pm	4:30-5:15pm	5:15-6:00pm	11:45-12:30pm
Green Advanced Belts	6:30-7:15pm	4:45-5:30pm	4:00-4:45pm 6:45-7:30pm	4:30-5:15pm	5:15-6:00pm	11:45-12:30pm
Purple Belts	6:30-7:15pm	4:45-5:30pm	4:00-4:45pm 6:45-7:30pm	4:30-5:15pm	5:15-6:00pm	11:45-12:30pm
Blue Belts	6:30-7:15pm	4:45-5:30pm	4:00-4:45pm 6:45-7:30pm	4:30-5:15pm	5:15-6:00pm	11:45-12:30pm
Brown - Black Belts	5:30-6:30pm	7:00-8:00pm	5:30-6:45pm	6:45-8:00pm	4:00-5:15pm	9:30-10:30am
Adult Classes	12:30-1:30pm 8:00-9:00pm	8:00-9:00pm	12:30-1:30pm 8:00-9:00pm	8:00-9:00pm	12:30-1:30pm A-B class 4:00-5:15pm	9:30-10:30am
BBM Class	7:30-8:00pm	4:15-4:45pm	7:30-8:00pm	11:45-12:30pm 5:15-6:00pm	7:15-8:00pm	
BBM Tutorial	4:25-4:45pm 7:15-7:30pm		4:45-5:05pm			**
Fitness Kickboxing Bootcamp Open to Adult BBM	11:45-12:30pm		11:45-12:30pm			

**** Shihan's AAA Workout - 12:30-2:00 pm - Once per Month - Please check the Newsletter for the date of this class **
also Thursday, grading night 5:30 - 6:15 pm**

Bold print indicates separate programs, extra fees apply

Schedule available on our website:

www.sealykarate.ca