

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|------------------------------|---|---|---|---|---|
| | 4:30-5:30PM Karate Novice | 4:30 – 5:20 PM Karate Novice/Intermediate | 4:00-4:50PM Karate Novice | 4:30 – 5:20 PM Karate Novice/Intermediate | No Classes | No Classes |
| 9:00–9:50 AM Karate Novice/Intermediate | | 5:30-6:20 PM Karate Advanced Blue/Brown Belt | 5:00-5:50 PM Karate Intermediate | 5:30-6:20PM Advanced Class Blue/Brown Belt | Reserved for Announced competition trainings | Reserved for Announced competition trainings |
| 10:00–10:50 PM Karate Advanced Blue belt | | 6:30-7:20 PM Karate Advanced Brown/Black Belt | 6:00-6:50 PM Karate Advanced Blue Belt | 6:30-7:20PM Advanced Class Brown/Black Belt | And private Training sessions | Tournament days |
| 11:00–11:50 PM Karate Advanced Brown Belt | | 7:30-8:30PM Adult Karate (15Yrs +) | 7:00-8:00PM Karate Advanced Brown Belt | 7:30-8:30PM Adult Karate (15+) | Tournament days | Private Training |
| 12:00 – 1:00PM Karate Advanced Brown/Black Belt | | | 8:00 – 9:00PM Karate Advanced Black Belt | | | |
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Please note that all the classes are colour coded for your convenience. They may also be subject to minor changes in the coming months as sensei is tweaking out the schedule to try and accommodate everyone in every class fairly. Additional classes may be added for Parent & Tot and Beginner Karate if there is enough interest.