

Professional Karate Studio  
 19022 Freeport Street  
 Elk River, MN. 55330  
 www.professionalkaratestudios.com

Elk River School  
 (763)-241-1594

Mr. C  
 Ms. Benver  
 Ms. Loeffler

Effective January 2nd, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11am - Noon 7yrs. thru Adult All belts		11am - noon 7yrs. thru Adult All belts		9:30-10:00 Little Dragons All Belts
					10:00 - 10:30 7yrs. thru Adult White - Gold Stripe
4:30-5:00 7yrs. thru Adult White - Gold Stripe	4:30 - 5:00 Little Dragons All Belts	4:30 - 5:15 7yrs. thru Adult Blue - Black	4:30-5:00 Little Dragons All belts	4:30 - 5:15 7yrs. thru Adult Blue - Black	10:30 - 11:00 7yrs. thru Adult Gold - Green
5:00 - 5:30 Little Dragons All Belts	5:00 - 5:30 7yrs. thru Adult White - Gold Stripe	5:15 - 5:45 Sparring Blue - Black	5:00 - 5:30 7yrs. thru Adult White - Gold Stripe	5:15 - 5:45 Sparring Blue - Black	11:00 - 11:30 Weapons Purple - Black
5:30 - 6:00 7yrs. thru Adult Gold - Green	5:30 - 6:00 7yrs. thru Adult Gold - Green	5:45 - 6:15 Weapons Purple - Black	5:30 - 6:00 7yrs. thru Adult Gold - Green	5:45 - 6:15 Weapons Purple - Black	11:30 - 12:15 7yrs. thru Adult Blue - Black
6:00 - 6:30 Weapons Purple - Black	6:00 - 6:45 7yrs. thru Adult Blue - Red	6:15 - 6:45 Little Dragons All Belts	6:00 - 6:30 Weapons Purple - Black	6:15 - 6:45 Little Dragons All Belts	
6:30 - 7:15 7yrs. thru Adult Blue - Black	6:45 - 7:15 Weapons Purple - Black	6:45 - 7:15 7yrs. thru Adult White - Gold Stripe	6:30 - 7:15 7yrs. thru Adult Blue - Black	6:45 - 7:15 7yrs. thru Adult White - Gold Stripe	
7:15 - 7:45 Sparring Blue - Black	7:15 - 7:45 Sparring Blue - Black	7:15 - 7:45 7yrs. thru Adult Gold - Green	7:15 - 7:45 Sparring Blue - Black	7:15 - 7:45 7yrs. thru Adult Gold - Green	
7:45 - 8:30 Hyper Pro-Training Enroll Seperately	7:45 - 8:30 7yrs. thru Adult Brown - Black		7:45 - 8:30 Hyper Pro-Training Enroll Seperately		

If you have any questions or problems with the scheduled times please see Mr. Cornelius.

Sparring classes require a full set of sparring pads. Little Dragons are 4-6 year olds and are enrolled for the Little Dragon classes only.