

Professional Karate Studio
 6511 Ware Rd. Suite 160
 Lino Lakes, MN 55014
 www.professionalkaratestudios.com

Lino Lakes
 (651)-484-4371

Mr. Cornelius
 Ms. Provo
 Mr. Roth
 Mr. Barno
 Mr. Pracht

Effective January 1st, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 5:30 Little Dragons All Belts	5:00 - 5:45 7yrs. thru Adult Brown - Black	5:00 - 5:30 Little Dragons All Belts	5:00 - 5:45 7yrs. thru Adult Green - Red	5:00 - 5:30 Little Dragons All Belts	Private Lessons To be scheduled by Mr. Roth
5:30 - 6:00 7yrs. thru Adult White - Green Stripe	5:45 - 6:15 Weapons Purple - Black	5:30 - 6:00 7yrs. thru Adult White - Green Stripe	5:45 - 6:15 Sparring Blue - Black	5:30 - 6:00 7yrs. thru Adult White - Green Stripe	
6:00 - 6:45 7yrs. thru Adult Green - Red	6:15 - 7:00 7yrs. thru Adult Green - Red	6:00 - 6:45 7yrs. thru Adult Green - Red	6:15 - 7:00 7yrs. thru Adult Brown - Black	6:00 - 6:45 7yrs. thru Adult Green - Red	
6:45 - 7:15 Sparring Blue - Black	7:00 - 7:30 Little Dragons All Belts	6:45 - 7:15 Sparring Blue - Black	7:00 - 7:30 Little Dragons All Belts	6:45 - 7:15 Sparring Blue - Black	
7:15 - 7:45 Weapons Purple - Black	7:30 - 8:00 7yrs. thru Adult White - Green Stripe	7:15 - 7:45 Weapons Purple - Black	7:30 - 8:00 7yrs. thru Adult White - Green Stripe	7:15 - 7:45 Weapons Purple - Black	
7:45 - 8:30 7yrs. thru Adult Brown - Black		7:45 - 8:30 7yrs. thru Adult Brown - Black		7:45 - 8:30 7yrs. thru Adult Brown - Black	

If you have any questions or problems with the scheduled times please see Mr. Roth Little Dragons are 4-6 year olds and are enrolled for the Little Dragon classes only.