

Professional Karate Studio
 12587 Central Ave NE
 Blaine, MN 55434
 www.professionalkaratestudios.com

Blaine School
 (763)-757-3447

Mr. C
 Ms. Provo
 Mr. Morin
 Ms. Mitling

Effective June 5th, 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| | | | | | 9:00 - 10:15 Teen/Adult Cardio Kickboxing |
| 4:30 - 5:00 7yrs. thru Adult White - Green St | 4:30 - 5:00 Little Dragons All Belts | 4:30 - 5:15 7yrs. thru Adult Brown - Black | 4:30 - 5:00 Little Dragons All Belts | 4:30 - 5:15 7yrs. thru Adult Green - Red | Private Lessons |
| 5:00 - 5:30 Little Dragons All Belts | 5:00 - 5:30 7yrs. thru Adult White - Green St | 5:15 - 5:45 Sparring Blue - Black | 5:00 - 5:30 7yrs. thru Adult White - Green St | 5:15 - 5:45 Weapons Purple - Black | |
| 5:30 - 6:15 7yrs. thru Adult Green - Red | 5:30 - 6:15 7yrs. thru Adult Green - Red | 5:45 - 6:30 7yrs. thru Adult Green - Red | 5:30 - 6:15 7yrs. thru Adult Green - Red | 5:45 - 6:30 7yrs. thru Adult Brown - Black | |
| 6:15 - 6:45 Sparring Blue - Red | 6:15 - 6:45 Sparring Blue - Black | 6:30 - 7:00 Little Dragons All Belts | 6:15 - 6:45 Sparring Blue - Black | 6:30 - 7:00 Little Dragons All Belts | |
| 6:45 - 7:15 Weapons Purple - Black | 6:45 - 7:15 Weapons Purple - Black | 7:00 - 7:30 7yrs. thru Adult White - Green St | 6:45 - 7:15 Weapons Purple - Black | 7:00 - 7:30 7yrs. thru Adult White - Green Stripe | |
| 7:15 - 8:00 7yrs. thru Adult Brown - Black | 7:15 - 8:00 7yrs. thru Adult Brown - Black | 7:30 - 8:30 Teen/Adult Cardio Kickboxing | 7:15 - 8:00 7yrs. thru Adult Brown - Black | | |
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If you have any questions or problems with the scheduled times please see Mr. Morin or Mr. Roth

Little Dragons are 4-6 year olds and are enrolled for the Little Dragon classes only