

Class



Schedule

913-829-6873

www.olathekarate.com

151st & Ridgeview Rd.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 9:30 a.m.	Power-Fit Personal Training (By Appointment)	OKINAWAN KENPO Beginning (Ages 5 and up)				
9:30 - 10:00 a.m.	PRIVATE LESSONS (By Appointment)	OKINAWAN KENPO Int./Adv. (Ages 5 and up)				
10:00- 10:30 a.m.						Weapons All Ranks (Ages 5 and up)
10:30- 11:00 a.m.						OKINAWAN KENPO Advanced (Ages 5 and up)
2:00- 2:45 p.m.		OKINAWAN KENPO All Ranks (Ages 5 and up)		OKINAWAN KENPO All Ranks (Ages 5 and up)		BIRTHDAY PARTIES AVAILABLE! (Call for Details)
4:00 - 4:30 p.m.	KARATE KUBS (Ages 3-4)		KARATE KUBS (Ages 3-4)		KARATE KUBS (Ages 3-4)	
4:30 - 5:00 p.m.	OKINAWAN KENPO Beginning (Ages 5 and up)					
5:00 - 5:30 p.m.	OKINAWAN KENPO Intermediate (Ages 5 and up)	OKINAWAN KENPO Advanced (Ages 5 and up)	OKINAWAN KENPO Intermediate (Ages 5 and up)	OKINAWAN KENPO Advanced (Ages 5 and up)	Kid's Fun Free Play (Ages 5-12)	
5:30 - 6:00 p.m.	WEAPONS Beginning (Ages 5 and up)	DRILLS/SPARRING All Ranks (Ages 5 and up)	HAWAIIAN KENPO Jujitsu (Ages 5 and up)	WEAPONS Beginning (Ages 5 and up)	OKINAWAN KENPO Intermediate (Ages 5 and up)	
6:00 - 6:30 p.m.	OKINAWAN KENPO Beginning (Ages 5 and up)	OKINAWAN KENPO Intermediate (Ages 5 and up)	OKINAWAN KENPO Beginning (Ages 5 and up)	OKINAWAN KENPO Intermediate (Ages 5 and up)	OKINAWAN KENPO Beginning (Ages 5 and up)	
6:30 - 7:00 p.m.	HAWAIIAN KENPO Jujitsu (Ages 5 and up)	WEAPONS Int./Adv. (Ages 5 and up)	WEAPONS All Ranks (Ages 5 and up)	DRILLS/SPARRING All Ranks (Ages 5 and up)		
7:00 - 7:45 p.m.	OKINAWAN KENPO Intermediate (Ages 5 and up)	OKINAWAN KENPO All Ranks (Ages 7 and up)	OKINAWAN KENPO Intermediate (Ages 5 and up)	OKINAWAN KENPO All Ranks (Ages 7 and up)		
7:45 - 8:30 p.m.	Power-Fit Kickboxing (Ages 15 & Up)	BLACK BELT UNIVERSITY (Brown/Black)	Power-Fit Kickboxing (Ages 15 & Up)	BLACK BELT UNIVERSITY (Brown/Black)		

Beginning Classes - White, Yellow & Orange Belts

Intermediate Classes - Blue, Green & Purple Belts

Advanced Classes - Brown & Black Belts

Black Belt University - Brown & Black Belt Training/All Systems