## Class



## Schedule

913-829-6873

www.olathekarate.com

151st & Ridgeview Rd.

Monday Tuesday Wednesday Thursday Friday Saturday  Power-Fit Power-Fit Personal Training Personal Training (By Appointment)  9:00 - 9:30 a.m. PRIVATE (By Appointment)  PRIVATE LESSONS  10:00-10:30 a.m. PRIVATE		913-629-66	VVVV	w.olalilekalale.c	Tathekarate.com 151st & Ridgeview Rd.			
9:00 - 9:30 a.m. Personal Training Personal Training (By Appointment) (By		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
(By Appointment)   (By Appoint		Power-Fit	Power-Fit	Power-Fit	Power-Fit	Power-Fit	OKINAWAN KENPO	
PRIVATE   LESSONS   (By Appointment)   PRIVATE   LESSON	9:00 - 9:30 a.m.	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	Beginning	
PRIVATE   LESSONS   LESS		(By Appointment)	(By Appointment)	(By Appointment)	(By Appointment)	(By Appointment)	(Ages 5 and up)	
PRIVATE   LESSONS   All Ranks (Ages 5 and up)							OKINAWAN KENPO	
LESSONS (By Appointment)   All Ranks (Ages 5 and up)   OKINAWAN KENPO Advanced (Ages 5 and up)	9:30 - 10:00 a.m.							
10:00-10:30 a.m.   (By Appointment)   (Appose 5 and up)   (Appose 5								
10:30-11:00 a.m.							•	
10:30- 11:00 a.m.   OKINAWAN KENPO   Advanced (Ages 5 and up)   OKINAWAN KENPO   All Ranks (Ages 5 and up)   All	10:00- 10:30 a.m.	(By Appointment)	(By Appointment)	(By Appointment)	(By Appointment)	(By Appointment)		
10:30-11:00 a.m.								
Color 2:45 p.m.   Color 2:45	10:30 11:00 a m							
OKINAWAN KENPO All Ranks (Ages 5 and up)  KARATE KUBS (Ages 3-4)  OKINAWAN KENPO All Ranks (Ages 5 and up)  KARATE KUBS (Ages 3-4)  OKINAWAN KENPO All Ranks (Ages 5 and up)  OKINAWAN KENPO All Ranks (Ages 5 and up)  OKINAWAN KENPO All Ranks (Ages 3-4)  OKINAWAN KENPO All Ranks (Ages 3-4)  OKINAWAN KENPO All Ranks (Ages 3-4)  OKINAWAN KENPO OKINAWAN	10.30- 11.00 a.111.							
2:00 - 2:45 p.m.  All Ranks (Ages 5 and up)  KARATE KUBS (Ages 3-4)  OKINAWAN KENPO Beginning (Ages 5 and up)  OKINAWAN KENPO Beginning  OKINAWAN KENPO  OKINA			OKINAWAN KENPO		OKINAWAN KENPO		(Ages 5 and up)	
(Ages 5 and up)	2:00- 2:45 n m							
KARATE KUBS (Ages 3-4)  OKINAWAN KENPO DKINAWAN KENPO (Ages 5 and up)  OKINAWAN KENPO (Ages 5								
## Advanced   Advanced		KARATE	(rigos o ana ap)	KARATE	(rigos o ana ap)	KARATE	BIRTHDAY	
(Ages 3-4)	4:00 - 4:30 p.m.							
4:30 - 5:00 p.m.         Beginning (Ages 5 and up)		(Ages 3-4)		(Ages 3-4)		(Ages 3-4)		
(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 (Ages 5 and up)         Kid's Fun Advanced (Ages 5 and up)         Free Play (Ages 5 and up)           5:30 - 6:00 p.m.         Beginning (Ages 5 and up)         DRILLS/SPARRING All Ranks (Ages 5 and up)         HAWAIIAN KENPO (Ages 5 and up)         OKINAWAN KENPO (Ages 5 and up)         DRILLS/SPARRING All Ranks (Ages 5 and up)         All Ranks (Ages 7 and up)         OKINAWAN KENPO (Ages 7 and up)         All Ranks (Ages 7 and up)		OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO	(Call for Details)	
OKINAWAN KENPO   Intermediate   Advanced   Intermediate   (Ages 5 and up)   (Ages 7 and up)   (Ages	4:30 - 5:00 p.m.	Beginning	Beginning	Beginning	Beginning	Beginning		
5:00 - 5:30 p.m. Intermediate (Ages 5 and up)		(Ages 5 and up)	(Ages 5 and up)					
(Ages 5 and up)  WEAPONS  Beginning  All Ranks  Jujistu  Int./Adv.  (Ages 5 and up)  (Ages 5 and up)  OKINAWAN KENPO  Beginning  (Ages 5 and up)  OKINAWAN KENPO  Beginning  (Ages 5 and up)  (Ages 5 and up)  OKINAWAN KENPO  Beginning  (Ages 5 and up)  (Ages 7 and up)  Power-Fit  Kickboxing  UNIVERSITY  Kickboxing  UNIVERSITY  UNIVERSITY  WEAPONS  OKINAWAN KENPO  OKINAWAN KEN		OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO	Kid's Fun		
WEAPONS   DRILLS/SPARRING   HAWAIIAN KENPO   Seginning   All Ranks   (Ages 5 and up)   (Ages 5 and u	5:00 - 5:30 p.m.	Intermediate	Advanced	Intermediate	Advanced	Free Play		
5:30 - 6:00 p.m. Beginning (Ages 5 and up)  OKINAWAN KENPO Beginning (Ages 5 and up) (Ages 5 and up) (Ages 5 and up) (Ages 5 and up)  (Ages 5 and up) (Ages 5 and up) (Ages 5 and up) (Ages 5 and up) (Ages 5 and up) (Ages 5 and up)  HAWAIIAN KENPO WEAPONS (Ages 5 and up) (Ages 5 and up) (Ages 5 and up) (Ages 5 and up)  Trivial of the companies of the		(Ages 5 and up)	(Ages 5-12)					
(Ages 5 and up)  OKINAWAN KENPO		WEAPONS	DRILLS/SPARRING	HAWAIIAN KENPO	WEAPONS	OKINAWAN KENPO		
OKINAWAN KENPO Beginning (Ages 5 and up) HAWAIIAN KENPO Jujitsu (Ages 5 and up) OKINAWAN KENPO Jujitsu (Ages 5 and up) OKINAWAN KENPO Jujitsu (Ages 5 and up) OKINAWAN KENPO All Ranks (Ages 5 and up) OKINAWAN KENPO OKINAWAN KENPO OKINAWAN KENPO OKINAWAN KENPO OKINAWAN KENPO Intermediate (Ages 5 and up) OKINAWAN KENPO OKINAWAN KENPO Intermediate (Ages 5 and up) OKINAWAN KENPO OKINAWAN KENPO OKINAWAN KENPO Intermediate (Ages 5 and up) OKINAWAN KENPO Intermediate (Ages 5 and up) OKINAWAN KENPO Intermediate (Ages 5 and up) OKINAWAN KENPO Intermediate (Ages 7 and up) OKINAWAN KENPO	5:30 - 6:00 p.m.	Beginning	All Ranks	Jujitsu	Beginning	Intermediate		
6:00 - 6:30 p.m. Beginning (Ages 5 and up) (Ages 7 and up) (Ag		(Ages 5 and up)	(Ages 5 and up)					
(Ages 5 and up)  (Ages 7 and up)		OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO		
HAWAIIAN KENPO  Jujitsu  Jujitsu  (Ages 5 and up)  OKINAWAN KENPO  Intermediate  (Ages 5 and up)  All Ranks  OKINAWAN KENPO  Intermediate  (Ages 5 and up)  OKINAWAN KENPO  Intermediate  (Ages 7 and up)	6:00 - 6:30 p.m.	Beginning	Intermediate	Beginning	Intermediate	Beginning		
6:30 - 7:00 p.m. Jujitsu Int./Adv. All Ranks (Ages 5 and up) (Ages 5 and up) (Ages 5 and up)  OKINAWAN KENPO OKINAWAN KENPO OKINAWAN KENPO OKINAWAN KENPO Intermediate (Ages 5 and up) (Ages 5 and up)  Intermediate (Ages 7 and up) (Ages 5 and up) (Ages 7 and up)  Power-Fit BLACK BELT Power-Fit BLACK BELT  7:45 - 8:30 p.m. Kickboxing UNIVERSITY Kickboxing UNIVERSITY		(Ages 5 and up)	(Ages 5 and up)					
(Ages 5 and up)  (Ages 7 and up)		HAWAIIAN KENPO	WEAPONS	WEAPONS	DRILLS/SPARRING			
7:00 - 7:45 p.m. OKINAWAN KENPO OKINAWAN KENPO OKINAWAN KENPO Intermediate (Ages 5 and up)  Power-Fit 7:45 - 8:30 p.m. Kickboxing  OKINAWAN KENPO OKINAWAN KENPO OKINAWAN KENPO All Ranks (Ages 5 and up) (Ages 5 and up) (Ages 5 and up) (Ages 7 and up)  Power-Fit Kickboxing UNIVERSITY  Wickboxing  OKINAWAN KENPO OKINAWAN KENPO All Ranks (Ages 7 and up)  UNIVERSITY  OKINAWAN KENPO All Ranks (Ages 7 and up)  UNIVERSITY	6:30 - 7:00 p.m.	Jujitsu	Int./Adv.	All Ranks	All Ranks			
7:00 - 7:45 p.m. Intermediate (Ages 5 and up) (Ages 7 and up) (Ages 5 and up) (Ages 7 and up) (Ages 7 and up)  Power-Fit BLACK BELT Power-Fit BLACK BELT  7:45 - 8:30 p.m. Kickboxing UNIVERSITY Kickboxing UNIVERSITY		(Ages 5 and up)						
(Ages 5 and up) (Ages 7 and up) (Ages 5 and up) (Ages 7 and up)  Power-Fit BLACK BELT Power-Fit BLACK BELT  7:45 - 8:30 p.m. Kickboxing UNIVERSITY Kickboxing UNIVERSITY		OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO	OKINAWAN KENPO			
Power-Fit BLACK BELT Power-Fit BLACK BELT 7:45 - 8:30 p.m. Kickboxing UNIVERSITY Kickboxing UNIVERSITY	7:00 - 7:45 p.m.	Intermediate	All Ranks	Intermediate	All Ranks			
Power-Fit BLACK BELT Power-Fit BLACK BELT 7:45 - 8:30 p.m. Kickboxing UNIVERSITY Kickboxing UNIVERSITY		(Ages 5 and up)	(Ages 7 and up)	(Ages 5 and up)	(Ages 7 and up)			
				Power-Fit				
(Ages 15 & Up) (Brown/Black) (Ages 15 & Up) (Brown/Black)	7:45 - 8:30 p.m.	Kickboxing	UNIVERSITY	Kickboxing	UNIVERSITY			
		(Ages 15 & Up)	(Brown/Black)	(Ages 15 & Up)	(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