

MONDAY **Rockdale**

- KIDS KARATE 8-12 yrs 5:30 pm - 6:30 pm
- TEENS & ADULTS 6:40 pm - 8:00 pm

TUESDAY **Bexley**

- KIDS, TEENS & ADULTS 5:30 pm - 6:30 pm

WEDNESDAY **Rockdale**

- LITTLE DRAGONS 4-7 yrs 5:30 pm - 6:30 pm
- TEENS & ADULTS 6:40 pm - 8:00 pm

THURSDAY **Bexley**

- KIDS, TEENS & ADULTS 5:30 pm - 6:30 pm

SATURDAY **Rockdale**

- KIDS KARATE 8-12 yrs 9:30 am - 10:20 am
Children in this age group will greatly benefit from Karate training
- FAMILY CLASS Adults & kids (8yrs up) 10:30 am - 11:30 am
- TEENS & ADULTS 10:30 am - 11:30 am