

Goshin Karate & Judo Academy Schedule effective 6/1/02

Attend Twice Weekly - Arrive Five Minutes Early For Class

Monday

3:30 - 4:15 Youth - White - Orange
4:20 - 5:05 Youth - Yellow/Blue
5:10 - 5:55 Youth- Green/Purple
6:00 - 6:45 Youth- Brown & Above
6:50 - 7:40 Intermediate Adults - Blue & above
7:45 - 8:35 Black Belt Class

Tuesday

6:00 - 7:00 AM Early Risers - All Colors
3:30 - 4:15 Youth - Yellow/Blue
4:20 - 5:05 Youth - Green/Purple
5:10 - 5:55 Youth- Brown & above
6:00 - 6:45 Youth- White Orange
6:50 - 7:40 Beginning Adults - White Orange Yellow
7:45 - 8:35 Intermediate Adults - Blue & above
8:40 - 9:30 Judo/Ground Grappling

Wednesday

3:30 - 4:15 Youth - Green/Purple
4:20 - 5:05 Youth - Purple & Above
5:10 - 5:55 Youth- White Orange
6:00 - 6:45 Youth- Yellow/Blue
6:50 - 7:40 Intermediate Adults - Blue & above
7:45 - 8:35 Sparring - all ages & ranks

Thursday

6:00 - 7:00 AM Early Risers - All Colors
3:30 - 4:15 Youth - White - Orange
4:20 - 5:05 Youth - Yellow/Blue
5:10 - 5:55 Youth- Green/Purple
6:00 - 6:30 Tiny Tigers -beginning
6:35- 7:05 Tiny Tigers - intermediate
7:10 - 8:00 Adult - White Orange Yellow
8:05-8:45 Judo/Ground Grappling
8:45-9:15 Judo Throwing

Friday

3:30 - 4:15 Youth - Yellow/Blue
4:20 - 5:05 Youth - Green/Purple
5:10 - 5:55 Youth- Brown
6:00 - 6:45 Youth- White Orange
7:00 - 7:50 Family - All colors

Saturday

9:00 - 9:30 Tiny Tigers -beginning
9:35 - 10:05 Tiny Tigers - intermediate
10:10 -10:55 Youth/Adults; Family - White-Orange
11:00- 11:45 Youth/Adults; Family - Yellow & Above
11:50- 12:40 Sparring
12:45 - Progressive Sparring