


THE BUSHIDO SCHOOL OF KARATE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:15 am CARDIO KICKBOXING			9:30 - 10:15 am CARDIO KICKBOXING		9:45 - 10:30 am KIDS BEGINNER - ALL AGES
1:30 - 2:15 pm ADULT - ALL LEVELS		3:30 - 4:15 pm Little Eagles for Toddlers	1:30 - 2:15 pm ADULT - ALL LEVELS		10:30 - 11:30 am KIDS INTERM. - ALL LEVELS
Between 3:15 - 4:45 45 -Minute A.S.K.	Between 3:15 - 4:45 45 -Minute A.S.K.	Between 3:15 - 4:45 pm 45 -Minute A.S.K. Class	Between 3:15 - 4:45 45 -Minute A.S.K.	Between 3:15 - 4:45 A.S.K. FUN DAY!	11:30 - 12:30 pm ALL ADVANCED
4:45 - 5:30 pm KIDS BEGINNER - 4,5 & 6 YR. OLDS	4:45 - 5:30 pm KIDS INTERMEDIATE - ALL LEVELS	4:45 - 5:30 pm KIDS BEGINNER - ALL AGES	4:45 - 5:30 pm KIDS INTERMEDIATE - ALL LEVELS	4:45 - 5:30 pm KIDS BEGINNER - 4,5 & 6 YR. OLDS	12:30 - 1:30 pm ADULT BEGINNER & INTERMEDIATE
5:30 - 6:15 pm KIDS INTERMEDIATE - ALL LEVELS	5:30 - 6:15 pm KIDS BEGINNER - ALL AGES	5:30 - 6:15 pm KIDS INTERMEDIATE - ALL LEVELS	5:30 - 6:15 pm KIDS BEGINNER - ALL AGES	5:30 - 6:15 pm KIDS BEGINNER - 7 & UP	
6:15 - 7:00 pm KIDS INTERMEDIATE - ALL LEVELS	6:15 - 7:00 pm ALL ADVANCED	6:15 - 7:00 pm KIDS INTERMEDIATE - ALL LEVELS	6:15 - 7:00 pm KIDS INTERMEDIATE - ALL LEVELS	6:15 - 7:00 pm KIDS INTERMEDIATE - ALL LEVELS	
7:00 - 8:00 pm ALL ADVANCED	7:00 - 8:00 pm 2nd DEGREE & UP	7:00 - 7:45 pm ADULT INTERMEDIATE	7:00 - 8:00 pm ALL ADVANCED	7:00 - 8:00 pm ALL ADVANCED	
8:00 - 8:45 pm ADULT BEG. & INTERM.	8:00 - 8:45 pm CARDIO KICKBOXING	7:45 - 8:30pm ADULT BEGINNER	8:00 - 8:45 pm ADULT BEG. & INTERM.	8:00 - 8:45 pm ADULT BEG. & INTERM.	
			8:45 - 9:30 pm HEAVY BAG TRAINING		

This schedule is effective from September 7, 2010