



KARATE ACADEMY

Alamo Ranch Super School

Class	Mon (Forms)	Tue (Forms)	Wed (Spar)	Thur (Spar)	Fri (Form)	Sat (Spar)
Beginner Knee High Ninjas (4-6)	7:10-7:40	5:00-5:30	7:10-7:40	5:00-5:30	6:10-6:40	8:30-9:00
Beginner White/High (7-12)	7:40-8:10	5:30-6:00	7:40-8:10	5:30-6:00	6:40-7:20	9:00-9:30
Gold Belt/High Gold Belt	5:30-6:00	7:10-7:40	5:30-6:00	7:10-7:40	5:30-6:10	9:30-10:10
Orange / Green Belts	6:30-7:10	7:40-8:20	5:30-6:00	7:10-7:40	5:30-6:10	9:30-10:10
Purple/Blue Belt/Red Belt		6:00-6:40	6:00-6:40	6:00-6:40 (Forms)		10:10-10:50
Red – Black		8:20-9:00	6:00-6:40	7:40-8:20 (Forms/ (Sparring)		10:10-10:50
Knee High Ninjas (Gold-Orange)	5:00-5:30	6:40-7:10	5:00-5:30 6:40-7:10	6:40-7:10	5:00-5:30	9:30 - 10:00
Knee High Ninjas (Green- Red)	6:00-6:30		5:00-5:30 6:40-7:10	6:40-7:10	5:00-5:30	9:30-10:10
Teen/Adult			8:10-8:50			10:50-11:40
Black Belt Club					7:20-7:50	

*After School Karate classes are during the school year only.

Schedule subject to change.

