



# CLASS SCHEDULE

Effective February 12, 2016 (subject to change)

315-699-1500

[www.karatejohns.com](http://www.karatejohns.com)

	A-Curriculum MONDAY	A-Curriculum TUESDAY	B-Theme WEDNESDAY	B-Theme THURSDAY	C-Specialty FRIDAY	C-Specialty SATURDAY
LIL' DRAGONS (Beginner)	6:00-6:30	4:00-4:30 5:30-6:00	6:00-6:30	4:00-4:30 5:30-6:00		9:30-10:00a
LIL' DRAGONS (Advanced)	6:00-6:30	5:00-5:30	6:00-6:30	5:00-5:30		9:30-10:00a
LIL' DRAGONS <b>BBC</b>			6:30-7:00	5:30-6:00		10:00-10:30a
JR BASIC	6:30-7:00	4:30-5:00	6:30-7:00	4:30-5:00		10:00-10:30a
JR INTERMEDIATE	4:30-5:15	6:00-6:45	<b>BBC</b> 4:30-5:15	<b>BBC</b> 6:00-6:45		(sparring) 10:30-11:00a (kata)
JR ADVANCED	5:15-6:00	6:45-7:30	<b>BBC</b> 5:15-6:00	<b>BBC</b> 6:45-7:30		11:00-11:45a
BLACK BELTS	5:15-6:00	7:30-8:15	<b>BBC</b> 5:15-6:00	<b>BBC</b> 7:30-8:15		(sparring) 10:30-11:00a (kata) 11:00-11:45a
ADULT/TEEN	8:15-9:00	10:45-11:30a 6:30-7:15	8:15-9:00	10:45-11:30a 6:30-7:15		11:00-11:45a
<b>See Shihan for Eligibility for Specialty Classes</b>						
Demo Team						12:00
Hyper Pro Training						11:30a
Ju Jitsu Team						10:00a
Bo						10:30-11:00a
Kama						11:00-11:30a
Nunchuka						11:30a-12:00
<b>BASIC</b> – White/Yellow/Orange ~ <b>INTERMEDIATE</b> – Purple/Blue/Green ~ <b>ADVANCED</b> – Brown/Red <b>BBC</b> – Black Belt Club Members ~ <b>MC</b> – Masters Club Members						
<b>FITNESS PROGRAM</b>						
KJ Kickboxing	7:00-8:00	6:30-7:30	7:00-8:00	6:30-7:30		9:00-10:00a

- Please be respectful at ALL times—do not disturb other classes when entering/exiting dojo.
- Weather related cancellations: When North Syracuse Central School District is closed due to weather, we will also be closed. If we are not closed, but the weather is bad in your area, please use your best judgment as to whether or not you come to class.
- “B” Days – BBC Members should bring both sparring gear and weapons each week.
- BBC Members may attend up to 3 classes per week.
- MC Members may attend unlimited classes per week.
- Do we have your current email address?

## Exciting Birthday Party Packages

*More Choices*  
**MORE FUN**  
*More Convenient*  
**for Mom + Dad!**

**Ninja Nerf • Nuclear Dodgeball**  
**• All-Star Obstacle •**  
**Lighted Sword**

2016  
HOLIDAY  
SCHEDULE

	<u>Closed</u>	<u>Reopen</u>
Good Friday .....	Fri, Mar 25 .....	Sat, Mar 26
In-House Tournament ....	Sat, Apr 16	
Memorial Day .....	Fri, May 28 .....	Tue, May 31
Cicero Festival .....	Sat, June 11	
Independence Day .....	Mon, Jul 4 .....	Mon, Jul 11

	<u>Closed</u>	<u>Reopen</u>
Labor Day .....	Fri, Sep 2 .....	Tue, Sep 6
In-House Tournament .....	Sat, Nov., 19	
Thanksgiving .....	Thu, Nov 24 .....	Sat, Nov 26
Christmas/New Year's .....	Thu, Dec 24 .....	Tue, Jan 3

*(subject to change)*

Karate John's Martial Arts Center  
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315.699.1500

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