

Okinawa Karate and Cultural Center - Class Schedule

2 FREE TRIAL classes! - up to 40% discount a \$1272 savings

TIME	SUN	MON	TUE	WED	THR	FRI	SAT
6am				Folta Fitness under 50		Folta Fitness under 50	
7am			Executive Karate 50 plus	Adult Karate Ages 20-50	Adult Karate Ages 20-50	Executive Karate 50 plus	
8am							
9am				Folta Fitness 50 plus		Folta Fitness 50 plus	
10am							
11am							Little Ninjas Ages 5-7
12pm	Little Ninjas Ages 5-7		Everyone Karate		Everyone Karate		Kids Karate Ages 6-12
1pm	Kids Karate Ages 6-12						Teen Karate Ages 13-19
2pm	Teen Karate Ages 13-19						Adult Karate Ages 20-50
3pm	Adult Karate Ages 20-50						Eisa Drum
4pm	No-contact Karate						No-contact Karate
5pm	Female Karate		Kids Karate Ages 6-12	Kids Karate Ages 6-12	Kids Karate Ages 6-12	Kids Karate Ages 6-12	Female Karate
6pm	Everyone Karate		Teen Karate Ages 13-19	Teen Karate Ages 13-19	Teen Karate Ages 13-19	Teen Karate Ages 13-19	Adult Karate Ages 20-50
7pm			Adult Karate Ages 20-50	Adult Karate Ages 20-50	Adult Karate Ages 20-50	Adult Karate Ages 20-50	Everyone Karate

We have taken your feedback seriously and understand the importance of having a flexible class schedule. During registration, students state which two classes from the schedule will be their normal weekly classes. However, please note that the class types and times shown on the schedule are the only times those classes are delivered.

For missed classes, you can attend a "makeup" class by coordinating with MasterFolta@gmail.com or tel/tex 703-628-4006.

Parents are able to join any class with their youth, but please be mindful that the class will be taught age-appropriate according to the title of the class. Visit: TraditionalKarate.com