



January 2024

WestWind Schedule • Kearns
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Kearns, UT 84118
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westwindkarate.com

WestWind Schedule • Kearns

Class	(A) MONDAY	(A) TUESDAY	(A) FRIDAY	(B) WEDNESDAY	(B) THURSDAY	(B) SATURDAY	Class
INTRO	4:30 / 5:00	5:30 / 6:15	5:30	4:30 / 5:00	5:30 / 6:15		INTRO
WHITE	5:30- 6:15	6:45- 7:30	5:15- 6:00	5:30- 6:15	6:45- 7:30	11:00- 11:45 <i>Mid. or San.</i>	WHITE
YELLOW ORANGE	4:45- 5:30	7:30- 8:15	5:15- 6:00	4:45- 5:30	7:30- 8:15	11:00- 11:45 <i>Mid. or San.</i>	YELLOW ORANGE
PURPLE BLUE	7:30- 8:15	5:15- 6:00	5:15- 6:00	7:30- 8:15	5:15- 6:00	11:45- 12:30 <i>Sandy</i>	PURPLE BLUE
GREEN thru BLACK	8:15- 9:00	6:00- 6:45	5:15- 6:00	8:15- 9:00	6:00- 6:45	11:45- 12:30 <i>Sandy</i>	GREEN thru BLACK
BLACK		8:45- 9:45 <i>Midvale</i>			8:30- 9:30 <i>Sandy</i>		BLACK
EARLY SKILLS <i>ALL RANKS</i>	6:15- 6:45	4:00- 4:30 6:15- 6:45	(A/B) 4:00- 4:30	6:15- 6:45	4:00- 4:30 6:15- 6:45		EARLY SKILLS <i>ALL RANKS</i>
BASIC SKILLS <i>ALL RANKS</i>	6:45- 7:30	4:30- 5:15 6:45- 7:30	(A/B) 4:30- 5:15	6:45- 7:30	4:30- 5:15 6:45- 7:30		BASIC SKILLS <i>ALL RANKS</i>
BBC SPARRING			6:00- 6:30			11:45 -12:30 <i>Midvale</i>	BBC SPARRING
S.W.A.T. S.T.O.R.M.			Inquire within				S.W.A.T. S.T.O.R.M.

Students are expected to:

1. Arrive promptly on time scheduled classes.
2. Attend one "A" & "B" day per week.
3. Check in for attendance.
4. Keep uniforms neat, clean & odor-free.
5. Quietly prepare for class. Do not disturb class in session.
6. Always show respect to your instructors & fellow students.
7. Students & guests should always be well mannered & behave properly.
8. Attend classes on a consistent schedule.
9. Make arrangements with instructors for make up classes.
10. Show proper effort & spirit in the classroom.
11. Practice & exercise at home for better results.
12. Memorize & apply Student Creed.
13. Develop & maintain a positive, well disciplined attitude.

A Days- Teq/Katas • B Days- Reaction