

NEW TAMPA KARATE TRAINING SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LIL'TIGERS

TUE & THUR

4:00 - 4:30 PM

LIL'DRAGONS

WED & FRI

4:00 - 4:30 PM

LIL'TIGERS

TUE & THUR

4:00 - 4:30 PM

LIL'DRAGONS

WED & FRI

4:00 - 4:30 PM

LIL'CHAMPS

MON & WED

4:45 - 5:15

JR. BEGINNER

KATA - MON OR TUE

5:00 - 5:45

KATA
FULL GI

LIL'CHAMPS

MON & WED

4:45 - 5:15

INTERMEDIATE

KUMITE - WED OR FRI

5:30 - 6:15

KUMITE
SPARRING GEAR

JR. BEGINNER

PRE-KUMITE - THUR OR FRI

5:00 - 5:45

PRE-KUMITE
T-SHIRTS

JR. BEGINNER

PRE-KUMITE - THUR OR FRI

5:00 - 5:45

PRE-KUMITE
T-SHIRTS

JR. BEGINNER

KATA - MON OR TUE

5:30 - 6:15

KATA
FULL GI

NOVICE

TUE/THUR/FRI

6:00 - 6:45

KATA
FULL GI

INTERMEDIATE

KATA - MON OR WED

6:30 - 7:15

KATA
FULL GI

NOVICE

TUE/THUR/FRI

6:00 - 6:45

KUMITE
SPARRING GEAR

NOVICE

TUE/THUR/FRI

6:00 - 6:45

KATA & KUMITE
SPARRING GEAR

INTERMEDIATE

KATA - MON OR WED

6:30 - 7:15

KATA
FULL GI

ADVANCE

TUE/WED/THUR

7:00 - 7:45

KATA
FULL GI

INTERMEDIATE

KATA - MON OR WED

6:30 - 7:15

KATA
FULL GI

ADVANCE

TUE/WED/THUR

7:00 - 7:45

KUMITE
SPARRING GEAR

INTERMEDIATE

KUMITE - WED OR FRI

7:00 - 7:45

KUMITE
SPARRING GEAR

BLACK BELTS

7:30 - 8:30

KATA & KUMITE
FULL GI &
SPARRING GEAR

TEEN & ADULT

TUE & THUR

8:00 - 9:00

KATA
FULL GI

ADVANCE

TUE/WED/THUR

7:30 - 8:15

KATA & KUMITE
SPARRING GEAR

TEEN & ADULT

TUE & THUR

8:00 - 9:00

KUMITE
SPARRING GEAR

