

Monday

Studio A	Studio B
4:15-5:00 Knee High Ninjas	4:15-5:00 Beginner Forms
5:00-6:00 Int II/Adv Tumbling	5:00-6:00 Intermediate Forms
6:00-7:00 Weapons Class	6:00-7:00 Beg/Int Sparring
7:00-8:00 Advanced Forms	7:00-8:00 Black Belt/Adv Sparring
	8:00-9:00 Creative Forms

Tuesday

Studio A	Studio B
4:15-5:00 Beginner Forms	4:00-4:45 Knee High/Beg Sparring
5:00-5:45 HIIT Class	4:45-5:45 Beg/Int Sparring
5:45-6:45 Creative Forms	5:45-6:45 Intermediate Forms
6:45-7:45 Advanced Forms	6:45-7:45 Black Belt Class
	7:45-8:45 Black Belt/Adv Sparring

Friday

Studio A	Studio B
4:15-5:00 Beginner Tumbling	3:15-5:30 After School Program
5:00-6:00 Int I Tumbling	5:30-6:00 Private lessons
6:00-7:00 Int II Tumbling	6:00-7:00 Private lessons
7:00-7:45 HIIT Class	7:00-8:00 Private lessons

Wednesday

Studio A	Studio B
4:15-5:00 Knee High Ninjas	4:15-5:15 Intermediate Forms
5:00-6:00 Int II/Adv Tumbling	5:15-6:15 Beg/Int Sparring
6:00-7:00 Advanced Forms	6:15-7:15 Beginner Forms
7:00-8:00 Traditional Class	7:15-8:15 Advanced Sparring

Thursday

Studio A	Studio B
4:00-4:45 Beginner Tumbling	4:00-4:45 Knee High Sparring
4:45-5:45 Int I Tumbling	4:45-5:45 Beginner Forms
5:45-6:45 Black Belt Class	5:45-6:45 Beg/Int Sparring
6:45-7:45 Intermediate Forms	6:45-7:45 Advanced Forms
	7:45-8:45 Advanced Sparring

Saturday

Studio A	Studio B
9:00-9:45 Knee High Ninjas	9:00-10:00 TEAM
9:45-10:30 Knee High/Beg Sparring	10:00-11:00 TEAM
10:30-11:30 Beg/Int Forms	11:00-12:00 TEAM

2025-2026
Effective 9/1/2025

RETRO SPORT KARATE
11626 Rainbow Ridge, #103
Helotes, Tx 78023
210-695-8776
info@retrosportkarate.com