

## Monday

| Studio A                         | Studio B                             |
|----------------------------------|--------------------------------------|
| 4:15-5:00<br>After School Prgm   | 4:15-5:00<br>Beginner Forms          |
| 5:00-6:00<br>Int II/Adv Tumbling | 5:00-6:00<br>Intermediate Forms      |
| 6:00-7:00<br>Weapons Class       | 6:00-7:00<br>Beg/Int Sparring        |
| 7:00-8:00<br>Creative Forms      | 7:00-8:00<br>Advanced Forms          |
|                                  | 8:00-9:00<br>Black Belt/Adv Sparring |

## Wednesday

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

## Friday

| Studio A                          | Studio B                             |
|-----------------------------------|--------------------------------------|
| 4:15-5:00<br>Beginner<br>Tumbling | 3:15-5:30<br>After School<br>Program |
| 5:00-6:00<br>Int I Tumbling       |                                      |
| 6:00-7:00<br>Int II Tumbling      |                                      |

## Tuesday

| Studio A                        | Studio B                            |
|---------------------------------|-------------------------------------|
| 4:15-5:00<br>Beginner Tumbling  | 4:15-5:00<br>Knee High/Beg Sparring |
| 5:00-6:00<br>Int I Tumbling     | 5:00-6:00<br>Beg/Int Sparring       |
| 6:00-7:00<br>Intermediate Forms | 6:00-7:00<br>Adv/Black Belt Class   |
|                                 | 7:00-8:00<br>Black Belt/Adv Spar    |
| 8:00-9:00<br>Creative Forms     |                                     |

## Thursday

| Studio A                          | Studio B                        |
|-----------------------------------|---------------------------------|
| 4:00-4:45<br>After School Prgm    | 4:00-4:45<br>Knee High Sparring |
| 4:45-5:45<br>HIIT                 | 4:45-5:45<br>Beginner Forms     |
| 5:45-6:45<br>Adv/Black Belt Class | 5:45-6:45<br>Beg/Int Sparring   |
| 6:45-7:45<br>Intermediate Forms   | 6:45-7:45<br>Advanced Sparring  |
|                                   | 7:45-8:45<br>Traditional Class  |

## Saturday

| Studio A                        | Studio B            |
|---------------------------------|---------------------|
| 9:15-10:00<br>Knee High Ninjas  | 9:00-10:00<br>TEAM  |
| 10:00-11:00<br>Beg/Int<br>Forms | 10:00-11:00<br>TEAM |
|                                 | 11:00-12:00<br>TEAM |

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**2025-2026**  
 Effective 9/8/2025