

Monday

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

Tuesday

Studio A	Studio B
4:15-5:00 Knee High Ninjas	4:15-5:00 Knee High/Beg Sparring
5:00-6:00 Beg/Int I tumbling	5:00-6:00 Beg/Int Sparring
6:00-7:00 Intermediate Forms	6:00-7:00 Adv/Black Belt Class
7:00-8:00 Traditional Class	7:00-8:00 Black belt/Adv sparring

Wednesday

Studio A	Studio B
4:15-5:00 Knee High Ninjas	4:00-4:45 Intermediate Forms
5:00-6:00 Int II/Adv Tumbling	5:00-6:00 Beg/Int Sparring
6:00-7:00 Advanced Forms	6:00-7:00 Beginner Forms
7:00-8:00 Traditional Class	7:00-8:00 Advanced Sparring

Thursday

Studio A	Studio B
4:00-4:45 After School Program	4:00-4:45 Knee High Sparring
4:45-5:30 Intermediate I Tumbling	4:45-5:45 Beginner Forms
5:45-6:45 Adv/Black Belt Class	5:45-6:45 Beg/Int Sparring
6:45-7:45 Intermediate Forms	6:45-7:45 Advanced Sparring
	7:45-8:45 Traditional Class

Friday

Studio A	Studio B
4:15-5:00 Beginner Tumbling	3:15-5:30 After School Program
5:00-6:00 Intermediate I Tumbling	5:30-6:15 TEAM
6:00-7:00 Intermediate II Tumbling	6:15-8:00 TEAM

Saturday

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

2025-2026

Effective 01/19/2026

RETRO SPORT KARATE