

AMERICAN KARATE SYSTEM

44 West Chestnut Avenue, Merchantville, NJ 08109 WWW.AMERICANKARATESYSTEM.COM
CALL: 856-324-0431

2016 CLASS SCHEDULE

MONDAY/WEDNESDAY:

4:00-4:45 pm	Kenpo Warriors Belt Class
4:45-5:00 pm	BBC Class
5:00-5:45 pm	Little Dragons Belt Class
5:45-6:00 pm	BBC Class
6:00-6:30 pm	Tiny Tigers Belt Class
7:00-8:00 pm	Kardio Kickbox
7:00-8:00 pm	Zumba - Right Side Gym
8:00-9:00 pm	Teens And Adults Open Belt Class

TUESDAY/THURSDAY:

4:30-5:00 pm	Tiny Tigers Belt Class
5:00-5:45 pm	Kenpo Warriors Belt Class
5:45-6:00 pm	BBC Class
6:00-6:45 pm	Little Dragons Belt Class
6:30-7:30 pm	Pilates - Right Side Gym (Tues. Only)
6:45-7:00 pm	BBC Class
7:00-8:00 pm	Teens And Adults Open Belt Class
8:00-9:00 pm	Kardio Kickbox

FRIDAY:

5:00-5:45 pm	Open Children's Class / <i>Pizza Friday!</i> Bring A Buddy! (sparring only for colored belts with equipment)
6:00-7:00 pm	Teens And Adults: (all belts) Belt Class
7:00-8:00 pm	Kardio Kickbox

SATURDAY:

11:00-11:45 am	All Children's Open Class (all belts, all ages), Sparring
12:00-1:00 pm	Teens and Adults Open Belt Class, sparring for colored belts with equipment

TINY TIGERS: 4, 5, 6 Year Olds **LITTLE DRAGONS:** 7-12 Year Old White, Yellow, Orange Belts
KENPO WARRIORS: 7-12 Year Old Purple Belt and Above **Teens:** 13-17 year olds **Adults:** 18 years and up

BBC=BLACK BELT CLUB

"OPEN" class means all belt levels "BELT CLASS" means that rank material is taught in that class

CONSISTENT CLASS ATTENDANCE IS ESSENTIAL FOR PROGRESS AND PROMOTION

**STUDENTS MUST ATTEND AT LEAST 2 BELT CLASSES PER WEEK TO BE ELIGIBLE FOR PROMOTION
(ONLY ONE CLASS PER DAY COUNTS)**

ADVANCED STUDENTS MUST GO TO SPARRING CLASS CONSISTENTLY TO BE ELIGIBLE FOR PROMOTION

Three classes per week for **BLUE STAR** attendance award Seven classes per week for **GOLD PERFECT ATTENDANCE STAR!**