



KANZEN KARATE DO

Summer Schedule - Effective June 1, 2015 until further notice

Monday Stength & Conditiong Training(Ages 15+) 7:00AM 9:00AM
 All levels (Ages 8 and up) 12:00PM 1:00PM

Basics 5:00PM 6:00PM
 Intermediate 6:00PM 7:00PM
 Advanced 7:00PM 8:00PM

Tuesday Little Dragons 5:15PM 5:45PM
 Basics 6:00PM 7:00PM
 Intermediate/Advanced 7:00PM 8:00PM

Wednesday Stength & Conditiong Training(Ages 15+) 7:00AM 9:00AM
 All levels (Ages 8 and up) 12:00PM 1:00PM
 Basics 5:00PM 6:00PM
 Intermediate 6:00PM 7:00PM
 Advanced 7:00PM 8:00PM

Thursday Little Dragons 5:15PM 5:45PM
 Basics 6:00PM 7:00PM
 Intermediate/Advanced 7:00PM 8:00PM

Friday Competition Team 6:30PM 8:30PM

Saturday Kata (All Levels) 9:00AM 10:00AM
 Kumite (Yellow & Above) 10:00AM 11:00AM
 Weapons (Orange Belt & Above) 11:00AM 12:00PM

Summer Day Camps

June 8th - 12th All levels Ages 5 and up
 (new students welcome)
 come join the fun 9:00AM - 12:00PM

Note: During Camp week there will be no Noon-1PM classes
 only the evening classes.

Summer Day Camp weeks will consist of the following:

Monday	Musashi Monday	
Tuesday	Tekki Tuesday	Karate, movies, games, snacks
Wednesday	Wasabi Wednesday	
Thursday	Tokyo Thursday	Pizza party with games and movie
Friday	Friday Fun Day	

Note: **Basics - White and Yellow**
Intermediate - Orange, Purple, Green, Blue
Advanced - Brown, Pre-shodan & Black

2009 Agape Circle, Ste A /Moody, AL 35004

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