



# NEWARK KENPO KARATE

*featuring: American Kenpo Karate*



## CLASS SCHEDULE: Summer 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	L'IL DRAGONS & Jr. W-Y-O 10:30 – 11:15		TIGER CUBS & L'IL TIGERS 10:30 – 11:15		L'IL DRAGONS & Jr. W-Y-O 10:00 – 10:45
	Jr. SPARRING 11:15 – 12:00		L'IL DRAGONS & Jr. W-Y-O 11:15 – 12:00		Jr. SPARRING 10:45 – 11:30
	Jr. PU BL GR BR 12:00 – 12:45		Jr. WEAPONS/TOURNAMENT 12:00 – 12:45		Jr. PU BL GR BR 11:30 – 12:15
	TEENS/ADULT ALL LEVELS 12:45 – 1:45		TEENS/ADULT ALL LEVELS 12:45 – 1:45		TEENS/ADULT ALL LEVELS 12:30 – 1:30
Jr. WH YE OR 4:30 – 5:15	TIGER CUBS 4:30 – 5:15		L'IL DRAGONS & Jr. WH YE 4:30 – 5:15		TEENS/ADULT WEAPONS 1:30 – 2:30
Jr. SPARRING 5:15 – 6:00	Jr. PU BL GR BR 5:15 – 6:00	L'IL DRAGONS & L'IL TIGERS 4:45 – 5:30	TIGER CUBS & L'IL TIGERS 5:15 – 6:00	Jr. WH YE OR 5:30 – 6:15	
Jr. PU BL GR 6:00 – 6:45	L'IL DRAGONS & Jr. W-Y-O 6:00 – 6:45	PARENTS & KIDS CLASS ALL LEVELS 5:30 – 6:30	Jr. OR PU BL GR 6:00 – 6:45	SPECIAL SEMINAR CLASSES 6:30 – 8:30  (Check at desk for more info)	
TEENS PU BL GR BR ADV. JR. BR 7:00 – 8:00	ADV. JR/TEENS Tournament & WEAPONS 7:00 – 8:00	TEENS/ADULT SPARRING 6:30 – 7:30	TEENS PU BL GR BR ADV. JR. BR 7:00 – 8:00		
ADULT BL GR BR BLK 8:00 – 9:00	ADULT WH YE OR PU 8:00 – 9:00	ADULT BL GR BR BLK 7:30 – 8:30	ADULT WH YE OR PU 8:00 – 9:00		
OPEN TIME	OPEN TIME	ADULT WEAPONS 8:30 – 9:00	OPEN TIME		BL GR BR BK INST. CLASS 9:00 – 10:00

Tigers & Dragons – ages 3 – 6    Jr. Classes – ages 7 – 12    Teens/Adult Classes – ages 13 and up  
 120 Peoples Plaza, Newark, DE 19702    (302) 836-1557