



## Teen and Adult Winter 2025

### First Quarter

#### Monday:

6:15-7:15 Teen and Adult Karate (Tiger Dojo)

#### Tuesday:

6:15-6:40 Open Practice (Leopard Dojo)

6:15-6:55 Teen Karate (Tiger Dojo)

7:00-8:00 Kickboxing (Tiger Dojo)

7:00-8:00 Irish Stick Fighting (Leopard Dojo)

#### Wednesday:

4:00-4:40 Teen Karate (Leopard Dojo)

4:45-5:25 Young Warrior Women (Leopard Dojo)

6:15-6:55 Demo Team (Tiger Dojo)

6:15-7:00 Karate Forms/Open Practice (Leopard Dojo)

7:00-8:00 Teen and Adult Karate (Tiger Dojo)

#### Thursday:

6:15-6:55 Junior and Teen Black Belts (Tiger Dojo)

7:00-8:00 Kickboxing (Tiger Dojo)

#### Friday:

5:30-6:00 Weapons (Blue belt & higher) (Leopard Dojo)

6:00-7:00 Teen and Adult Karate (Leopard Dojo)

#### Saturday:

9:00-10:00 Kickboxing (Tiger Dojo)

10:00-10:15 Kickboxing Forms and Self Defense (Tiger Dojo)

10:30-11:00 Teen and Adult Sparring (Leopard Dojo)

11:00-11:40 Teen and Adult Karate (Tiger Dojo)

11:45-12:15 Karate Forms (Tiger Dojo)

12:15-1:00 Adult Black Belts (Tiger Dojo)