



Teen & Adult Winter Schedule 2026

Monday:

8:15-9:15 Kickboxing (Tiger Dojo)
6:15-6:45 Karate Forms, All ranks (Tiger Dojo)
6:45-7:45 Teen & Adult Karate, All ranks (Tiger Dojo)

Tuesday:

8:15-9:15 Teen & Adult Karate (Tiger Dojo)
5:30-6:10 Teen Black Belts (Leopard Dojo)
6:15-7:00 Teens (Tiger Dojo)
6:15-7:00 Weapons Blue Belt & Higher (Leopard Dojo)
7:00-8:00 Kickboxing (Tiger Dojo)
7:00-8:00 Irish Stick Fighting (Leopard Dojo)

Wednesday:

8:15-9:15 Kickboxing (Tiger Dojo)
6:15-7:00 Demo Team (Tiger Dojo)
7:00-8:00 Teen & Adult Karate (Tiger Dojo)

Thursday:

8:15-9:15 Teen & Adult Karate (Tiger Dojo)
6:15-7:00 Teens (Tiger Dojo)
7:00-8:00 Kickboxing (Tiger Dojo)
7:00-7:45 Karate Black Belts (Leopard Dojo)

Friday:

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

Saturday:

9:00-10:00 Kickboxing (Tiger Dojo)
10:00-10:15 Kickboxing Forms (Tiger Dojo)
10:15-11:00 Teen & Adult Sparring (Tiger Dojo)
11:00-11:45 Teen & Adult Karate, All Ranks (Tiger Dojo)
11:45-12:15 Karate Forms All Ranks (Tiger Dojo)