



Teen and Adult Spring 2025

Second Quarter

Monday:

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

Tuesday:

6:15-6:45 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—6:10 Teen Black Belts (Leopard Dojo)

6:15-6:45 Weapons (Blue belt & higher) (Leopard Dojo)

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

Saturday:

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

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

10:15-11:00 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)