



FLORIDA KARATE CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00 - 10:00		<div style="border: 2px solid black; padding: 10px;"> KIDS: Ages 5-11 ADULTS: Ages 12 & up FAMILY: All ages, all ranks JIU-JITSU: Ages 12 & up </div>				Private Lessons	
10:00 - 11:15							Family Open
11:15 - 12:30							Tournament Team
12:00 - 1:00	Adult Technique	Adult Self-Defense & Sparring	Adult Kata		Adult Sparring & Technique		
4:00 - 4:45	Kids Beginner White - Orange Technique		Kids Beginner White - Orange Kata				
4:00 - 5:00		Kids Advanced Blue & Up Kata		Kids Advanced Blue & Up Technique	Kids Age 6-8 Sparring		
4:45 - 5:30	Kids Advanced Blue & Up Technique		Kids Advanced Blue & Up Kata				
5:00 - 6:00		Kids Beginner White - Orange Kata		Kids Beginner White - Orange Technique	Kids Age 9-14 Sparring		
5:30 - 6:15	Private lessons		Private Lessons				
6:00 - 7:15		Shintoyoshin-kai Jiu-Jitsu		Shintoyoshin-kai Jiu-Jitsu			
6:15 - 7:15	Family Technique		Family Kata				
7:15 - 8:30		Adult White - Black Kata		Adult Technique & Sparring White - Black			