



# FLORIDA KARATE CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00		<div style="border: 2px solid black; padding: 10px;"> <b>KIDS:</b> Ages 5-11  <b>ADULTS:</b> Ages 12 &amp; up  <b>FAMILY:</b> All ages, all ranks  <b>JIU-JITSU:</b> Ages 12 &amp; up         </div>				Private Lessons
10:00 - 11:15						Family Open
11:15 - 12:30						Tournament Team
12:00 - 1:00	Adult Technique		Adult Kata			
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		