

Coast Karate Schedule

	Mon	Tues	Wed	Thur	Fri
ages 4-8	4:45-5:25	5:30-6:10	4:45-5:25	5:30-6:10	Fun Friday 4:45-6:10
ages 9-12	5:30-6:10	4:45-5:25	5:30-6:10	4:45-5:25	ages 5-12
ages 13-17	6:15-7:10	7:15-8:10	6:15-7:10	7:15-8:10	Fun Friday 6:15-8:10
ages 18 & up	7:15-8:10	6:15-7:10	7:15-8:10	6:15-7:10	ages 13- Up
adult & teen open	8:15-9:00	8:15-9:00	8:15-9:00	8:15-9:00	8:15-9:00

Students may change into another "age level" class only with instructor approval. Adult open is for students wanting extra time to work on techniques, it is not meant to be a formal class, it will be run based on instructor availability.