



# Go2Karate

## 2022 1<sup>st</sup> Quarter Schedule

Effective February 1, 2022 4 locations serving put "your area here"

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tigers</b>						
Starter-BEG/BC		5:15-5:45	5:15	5:15	4:45 weapons	10:45-11:15
Intermediate-MC/LP		5:15-5:45		5:15	5:15 weapons	10:45-11:15
Advanced-IP		5:15-5:45	5:15	5:15	5:15 weapons	10:45-11:15
<b>Karate Kids ages: 6-12</b>						
Starter-BEG/BC		5:45	5:45	5:45	5:45 weapons	11:15-11:45
Intermediate-MC/LP		6:15	6:15	6:30	5:45 weapons	11:45-12:30
Advanced-IP/EXP		6:15	6:15	6:30	5:45 weapons	11:45-12:30
<b>Teens &amp; Adult</b>						
Starter-BEG/BC		7:15-7:45		7:15-7:45		10:00-10:45
Intermediate-MC/LP		7:15-8:00	7:00-8:00	7:15-8:00	6:45 weapons	10:00-10:45
Advanced-IP/EXP		7:15-8:00	7:00-8:00	7:15-8:00	6:45 weapons	10:00-10:45
IP/EXP Sparring						
<b>Family Class</b>						
			7:00-7:45		6:45-7:30	10:00-10:45
<b>Instructional</b>						
Jr. class Coaching/Instructing						
CIT PROGRAM						1:15-2:00
PIC ACCELERATED PROGRAM						1:15-2:00
IP Training						1:15-2:00
<b>Specialty Training</b>						
Extreme TEAM						12:30-1:15
<b>Kickboxing</b>						
			7:45-8:30		8:15-9:00	9:15-10:00
<b>Private Lessons</b>						
<b>Krav Maga</b>						
Starter-Krav Maga		8:00-8:45		8:00-8:45	7:30-8:15	9:15-10:00
Intermediate-Krav Maga		8:00-8:45		8:00-8:45	7:30-8:15	9:15-10:00
Advanced-Krav Maga		8:00-8:45		8:00-8:45	7:30-8:15	9:15-10:00
<b>Coach / Instructor</b>						
Krav Maga						
<b>Rank Graduations</b>						
Martial Arts	February	March	June	July	September	December
Krav Maga	February	April	June	August	November	

**Tigers:** Pre-School age children ages 3-5 learning life skills, listen & learn system, karate, safe defense and more...

**Karate Kids (K4K):** Go2Karate program focus' on character development life skills, self defense skills, and karate kid drills & skills, and the Karate Kid advancement system.

**Family Class:** Go2Karate offers family classes where both adult and children can train in the same class in a safe environment.

**Teens/Adults:** Go2Karate offers a Teens & Adult Martial Art class designed for those seeking a traditional martial arts experience.

**Krav Maga:** A reality based system that simply works. From civilians, the law enforcement, local-state-federal government agencies and our military members the Go2Karate Krav Maga system is serving local community members.

**Kickboxing:** Get Fit! With a fast paced, high energy Kickboxing class that teaches traditional Kickboxing and Muay Thai techniques in a modern manner.