

WHEELERS SCHOOL OF KARATE

CLASS SCHEDULE

www.wheelerskarate.com

MONDAY	KIDS 4-5 YRS ALL RANKS 3:20-4 PM	KIDS 6-8 YRS ALL RANKS 4-4:45 PM	KIDS 9-13 YRS INT/ADV 5-6 PM	KIDS 9-13 YRS NOVICE 6-7 PM	KIDS JIU-JITSU 6-7 PM	TEEN/ADULT JIU-JITSU 7-8 PM	JIU-JITSU SPARRING 8-8:30 PM	COMBAT FITNESS 8-9 PM
TUESDAY	PRIVATE LESSONS 3-4 PM	KIDS 9-13 YRS INT/ADV 4-5 PM	KIDS 9-13 YRS NOVICE 5-6 PM	KIDS 4-5 YRS ALL RANKS 5:20-6 PM	KIDS 6-8 YRS ALL RANKS 6-6:45 PM	TEEN/ADULT KARATE 7-8 PM	TEEN/ADULT SPARRING 8-8:30 PM	COMBAT FITNESS 8-9 PM
WEDNESDAY	KIDS 4-5 YRS ALL RANKS 3:20-4 PM	KIDS 6-8 YRS ALL RANKS 4-4:45 PM	KIDS 9-13 YRS INT/ADV 5-6 PM	KIDS 9-13 YRS NOVICE 6-7 PM	KIDS JIU-JITSU 6-7 PM	TEEN/ADULT JIU-JITSU 7-8 PM	JIU-JITSU SPARRING 8-8:30 PM	ADVANCED JIU-JITSU 8-9 PM
THURSDAY	PRIVATE LESSONS 3-4 PM	KIDS 9-13 YRS INT/ADV 4-5 PM	KIDS 9-13 YRS NOVICE 5-6 PM	KIDS 4-5 YRS ALL RANKS 5:20-6 PM	KIDS 6-8 YRS ALL RANKS 6-6:45 PM	TEEN/ADULT KARATE 7-8 PM	TEEN/ADULT SPARRING 8-8:30 PM	COMBAT FITNESS 8-9 PM
FRIDAY	PRIVATE LESSONS 3-4 PM	SPECIAL CLASSES 4-5 PM	KIDS JIU-JITSU 5-6 PM	TEEN/ADULT FIGHT TRAINING 6-7 PM	TEEN/ADULT NERVE CENTER 7-8 PM			
SATURDAY / SUNDAY	OPEN MAT JIU-JITSU 9-10 AM	SPECIAL CLASSES 10-11 AM	BIRTHDAY PARTIES	BIRTHDAY PARTIES		SUNDAY	OPEN MAT WEAPONS 1-3 PM	

BELT RANKS: NOVICE (WHITE-YELLOW), INTERMEDIATE (ORANGE-PURPLE), ADVANCED (BLUE-BLACK)

STUDENTS ARE EXPECTED TO:

1. Arrive 5-10 minutes prior to scheduled class, or arrive 15-20 minutes prior to class to purchase equipment or uniforms.
2. Attend at least two classes per week.
3. Place shoes and clothing neatly in dressing room.
4. Keep uniforms neat, clean, and odor free.
5. Show respect for your instructors, the dojo and your fellow students at all times.
6. No jewelry allowed on workout floor.
7. No chewing gum or candy allowed on workout floor.
8. Address instructors as Mr. or Mrs. and with "Yes/No, Sir/Ma'am."

NOTE: ADULT STUDENTS MAY WORKOUT ANYTIME DURING SCHOOL HOURS.