

Minnesota Karate & Fitness

Effective
09/04/2017

Might for Right!

1085 10th ST SE
Minneapolis, MN
55415

Lil Dragons	BELT LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lil Dragons 4 - 6			4:30 PM	6:00 PM	4:30 PM	6:00 PM	9:00 AM

Youth 7-12

ALL BELTS	4:00PM		4:30 PM		4:00 PM	
Beginner (White - Green Stripe)	5:30 PM	6:30 PM	5:30 PM	6:30 PM	5:00 PM	9:30AM
Intermediate (Green - Red Stripe)	5:00 PM	6:00 PM	5:00 PM	6:00 PM	*Sword 5:30 PM (All Belts)	10:00AM - 11:00AM (Open Sparring)
Sparring Basics	6:00 PM	5:30 PM				
Advanced (Red - Black Belt)	6:30 PM	5:00 PM	6:30 PM	5:00 PM	6:30 PM	
Advanced Sparring				5:30 PM		
Tournament Practice						11:15AM

Day Class

Fitness Kickboxing		11:00 AM		11:00 AM		
Adults All Belts		12:00 PM		12:00 PM		12:00 PM

Adults

Beginner (White - Green Stripe)	7:15 PM	7:00 PM		7:00 PM		12:00 PM
Intermediate (Green - Red Stripe)	7:15 PM	7:00 PM		7:30 PM		12:00 PM
Advanced (Red - Black Belt)	7:15 PM	7:00 PM		7:30 PM		12:00 PM
Sparring						1:00 PM

Chief Manager: Mr. Aaron Pallesen

Head Instructor: Mr. Gerald Froemming

www.mnkarateandfitness.com



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