

Pine Tree Karate & Fitness Schedule

Tiny Dragons 5-7 Years Old- All Belts

Monday	Tuesday	Wednesday	Thursday
3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00

Friday	Saturday

Friday and Saturday are reserved for special functions such as one-on-one classes, clinics, tournaments, corporate training seminars etc. These events will be announced in class.

Kids 8-12 Years Old- White to Blue Belts

Monday	Tuesday	Wednesday	Thursday
4:15-5:15	5:30-6:30	4:15-5:15	5:30-6:30

Kids 8-12 Years Old- Purple to Black Belt

Monday	Tuesday	Wednesday	Thursday
5:30-6:30	4:15-5:15	5:30-6:30	4:15-5:15

Orientation Classes are held every Wednesday or on Friday as scheduled with your instructor.

Teen & Adults- White to Blue Belts

Monday	Tuesday	Wednesday	Thursday
6:45-7:45	6:45-7:45 Sparring	6:45-7:45	6:45-7:45

Teen & Adults- Purple to Black Belts

Monday	Tuesday	Wednesday	Thursday
8:00-9:00	6:45-7:45 Sparring	8:00-9:00	8:00-9:00

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Master Schedule All Classes All Ranks

	Monday	Tuesday	Wednesday	Thursday
Tiny Dragons 5-7 Years Old- All Belts	3:30-4:00		3:30-4:00	3:30-4:00
Kids 8-12 Years Old- White to Blue Belt	4:15-5:15	5:30-6:30	4:15-5:15	5:30-6:30
Kids 8-12 Years Old- Purple to Black Belt	5:30-6:30	4:15-5:15	5:30-6:30	4:15-5:15
Teen & Adults- White to Green Belts	6:45-7:45	6:45-7:45 Sparring	6:45-7:45	6:45-7:45
Teen & Adults- Purple to Black Belts	8:00-9:00	6:45-7:45 Sparring	8:00-9:00	8:00-9:00

Fitness Class Schedule

Cardio Kickboxing-

Monday	Tuesday	Wednesday	Thursday
	6:30-7:30		6:30-7:30

Power Yoga-

Monday	Tuesday	Wednesday	Thursday
		5:30-6:30	