

GOJU KARATE

Classes

Notes

* Students that do not yet meet the rank requirement should see Sensei prior to taking class.

** Teens interested in this class, please see Sensei.

Notes

■ **Remote + Dojo/Honbu**
(Based on Sensei Schedule)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday***
	Dojo Closed		Dojo Closed		
		2:00PM General Class Adults All Ranks 60 minutes		2:00PM Kata Class + Meditation Adults 9th Kyu+ 60 minutes	***Dojo Closed May-August on Saturdays; However, Adult Jishu (Self-Study) is led by senior students 10:45AM to 1:30PM+
1:45PM Dojo Opens		3:00PM Dojo Opens		3:00PM Dojo Opens	9:00AM Dojo Opens
2:00PM General Class Adults All Ranks 60 minutes		3:30PM General Class Juniors Ages 4-6 40 minutes		3:30PM General Class Juniors Ages 4-6 40 minutes	9:15AM General Class Juniors Ages 4-6 40 minutes
3:30PM General Class Juniors Ages 4-6 40 minutes		4:15PM General Class Youth Ages 7-11 45 minutes		4:15PM General Class Youth Ages 7-11 45 minutes	10:00AM General Class Youth Ages 7-11 45 minutes
4:15PM General Class Youth Ages 7-11 45 minutes		5:00PM General Class Teens Ages 12+ 60 minutes		5:00PM General Class Teens Ages 12+ 60 minutes	10:45AM General Class Teens Ages 12+ 60 minutes
5:00PM General Class Teens Ages 12+ 60 minutes		6:00PM Endurance Class Adults All Ranks 45 minutes		6:00PM General Class Adults All Ranks 60 minutes	11:45AM Self Defense Class Adults/Teens** All Ranks 30 minutes
6:00PM General Class Adults All Ranks 60 minutes		7:00PM General Class Adults All Ranks 60 minutes		7:00PM Kumite Class Adults 5th Kyu+* 45 minutes	12:15PM General Class Adults All Ranks 60 minutes
7:00PM Kata Class Adults 9th Kyu+* 45 minutes		8:00PM Meditation Class Adults All Ranks 45 minutes			

Always consult GOJUKARATE.COM for daily updated schedule information.