

East West Karate Center

2010 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-8:00am	Thai Kickboxing		Thai Kickboxing		Thai Kickboxing		
09:00-10:00am						Adult/Kids Open	
10:00-11:00am						Adult/Kids Open	
10:00-11:00pm						Black Belt	
11:00-1200pm						Adult Open Sparring	
11:00-1200pm						Thai Kickboxing	
12:00-1:00pm Dojo #1	Adult Open		Adult Open	Adult Open	Adult Open		
1:00-2:00pm Dojo #1					Adult Open Sparring		
4:00-5:00pm Dojo #1	Kids Open	Kids Open	Kids Open	Kids Open	Kids Open		
5:00-6:00pm Dojo #2	Kids Open	Kids Open	Kids Open	Kids Open	Kids Open		
6:00-7:00pm Dojo #2	Kids Open	Kids Open	Kids Open	Kids Sparring	Kids Open		
5:00-6:00pm Dojo #2	Adult Open	Adult Open	Black Belt	Adult Open	Adult Open		
6:00-7:00pm Dojo #1	Adult Open	Adult Open	Adult Open	Adult Open	Adult Open		
7:00-8:00pm Dojo #1	Adult Open	Adult Open Sparring	Thai Kickboxing	Thai Kickboxing	Thai Kickboxing		
7:00-8:00pm Dojo #1	Thai Kickboxing	Thai Kickboxing		Escrima			
8:00-9:00pm Dojo #1				Meditaton/ Stretching			

Effective 1/4/2010

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