

## Goshin Karate & Judo Academy 480-951-2236

Attend Twice Weekly - Arrive Five Minutes Early for Class

<b>Mon</b>	3:30 - 4:15 PM	Youth - White - Orange
	4:20 - 5:05	Youth - Yellow - Blue
	5:10 - 5:55	Youth - Green - Purple
	6:00 - 6:45	Youth - Brown & above
	6:50 - 7:40	Adults - Blue & above
	7:45 - 8:30	Adults - Yudansha Class
<b>Tue</b>	3:30 - 4:15 PM	Youth - Yellow - Blue
	4:20 - 5:05	Youth - Green - Purple
	5:10 - 5:55	Youth - Brown & above
	6:00 - 6:45	Youth - White - Orange
	6:50 - 7:40	Judo - grappling (age 8 thru adult)
	7:45 - 8:35	Adults - White, Orange, Yellow, Blue
<b>Wed</b>	3:30 - 4:15 PM	Youth - Green - Purple
	4:20 - 5:05	Youth - Brown & Above
	5:10 - 5:55	Youth - White - Orange
	6:00 - 6:45	Youth - Yellow - Blue
	6:50 - 7:40	Adults - Blue & above
	7:45 - 8:35	Sparring - all ages & ranks
<b>Thu</b>	3:30 - 4:15 PM	Youth - White - Orange
	4:20 - 5:05	Youth - Yellow - Blue
	5:10 - 5:55	Youth - Green - Purple
	6:00 - 6:30	Tiny Tigers - Beginning
	6:35 - 7:05	Little Lions - camo & above belts
	7:10 - 8:00	Adults - White Orange Yellow, Blue
8:05 - 9:15	Judo - grappling & throws (age 8 thru adult)	
<b>Fri</b>	3:30 - 4:15 PM	Youth - Yellow - blue
	4:20 - 5:05	Youth - Green - Purple
	5:10 - 5:55	Youth - Brown & above
	6:00 - 6:45	Youth - White - Orange
	6:50 - 7:40	Family Karate Workout - All colors (age 6 thru adults)
	7:45 - 8:35	Goshin Girls - 2nd Friday of the Month (all ages)
	7:45 - 8:35	Bonus class - All other Fridays of the month (all ages & ranks)
<b>Sat</b>	9:00 - 9:30 AM	Tiny Tigers - Beginning
	9:35 - 10:05	Little Lions - camo & above belts
	10:10 - 10:55	Family Karate Workout white through blue (age 6 thru adult)
	11:00 - 11:45	Family Karate Workout green & up (age 6 thru adult)
	11:50 - 12:30	Sparring (all ages & ranks)
	12:45 - 1:30	Youth - Yudansha Class
	1:45 -	Seminars and Special Events

Mar-08

Lions & Tigers age 3-5, Youth age 6-12, Adults & Teens age 13 & up

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