

# MPK CLASS SCHEDULE



EFFECTIVE APRIL 1, 2016

	MON	TUE* (see note)	WED	THU	SAT
LITTLE KICKERS (ages 4-7)	5:00-5:30pm	S 5:45-7pm*	5:00-5:30pm	5:00-5:30pm	9:45-10:30am
FOCUS (white, gold, orange, green)	5:30-6:15pm	P 5:45-7pm*	5:30-6:15pm	5:30-6:15pm	9:45-10:30am
SPIRIT (purple, blue)	6:15-7:00pm	A 5:45-7pm*	6:15-7:00pm	6:15-7:00pm	9:45-10:30am
POWER (red, brown)	6:15-7:00pm	R 5:45-7pm*	6:15-7:00pm	6:15-7:00pm	9:45-10:30am
BB MASTERS	6:15-7:00pm	5:45-7pm*	6:15-7:00pm	-	10:30am-noon
HYPER / LEADERSHIP	-	5-5:45pm	-	-	9:00-9:45am
DEFENSIVE CONCEPTS**	-	7:00-8:00pm	-	7:00-8:00pm	-
INSTRUCTOR TRAINING	7:00-8:00pm	—	7:00-8:00pm	—	
TOTAL FITNESS TRAINING	-	7:00-8:00pm	-	7:00-8:00pm	8:00-9:00am

\* **TUESDAY EVENING CLASSES** for Little Kickers, Focus, Spirit, Power, and BB Masters are **all SPARRING CLASSES**.

\* **TUESDAY SCHEDULE DURING HYPER/WEAPONS ROTATION (April to June 2016):**

- 3:30 – 5:00 — A+ After School classes (no change)
- 5:00 – 5:45 — Hyper/Weapons class with Bo and Bokken
- 5:45 – 6:15 — Group 1 Sparring – all students age 4-10
- 6:15 – 7:00 — Group 2 Sparring – all students age 11 and older
- 7:00 – 8:00 — Total Fitness Training (no change)

- Please arrive **5 MINUTES EARLY** and be prepared to begin on time for the class at your belt level.
- You may attend any class **at or below your rank**, but not above.  
You will receive credit for one class per night toward your belt requirements.
- Little Kickers = **30 min** | Focus-Spirit-Power & Hyper/Leadership = **45 min** | BB Masters, Defensive Concepts, Total Fitness = **1 hr**
- **NO CLASSES ON FRIDAY.**

MPK Class Schedule also available online at [karatedeforest.com](http://karatedeforest.com)...