



# Charlotte Martial Arts Academy

Summer Camp Class Schedule - Begins June 12th



## Junior/Adult Classes

(7 years and up)

| CLASS   | MONDAY      | TUESDAY      | WEDNESDAY   | THURSDAY     | FRIDAY | SATURDAY      |
|---|-------------|--------------|-------------|--------------|--------|---------------|
| <b>Karate Mornings</b><br>(All Belt Levels)   |             | 9:30 - 10:15 |             | 9:30 - 10:15 |        |               |
| <b>Beginner</b><br>(White - High Yellow)      | 4:30 - 5:15 |              | 6:00 - 6:45 | 5:15 - 6:00  |        | 10:30 - 11:15 |
| <b>Novice</b><br>(Green - Blue)               | 5:15 - 6:00 | 5:30 - 6:15  | 6:45 - 7:30 |              |        | 11:15 - 12:00 |
| <b>Intermediate</b><br>(High Blue - High Red) | 5:15 - 6:00 |              | 7:30 - 8:15 | 6:10 - 8:00  |        | 11:15 - 12:00 |
| <b>Advanced</b><br>(Brown - 2nd High Brown)   | 7:30 - 8:15 | 6:15 - 7:00  | 5:15 - 6:00 | 6:10 - 8:00  |        | 1:00 - 1:45   |
| <b>Black Belt</b><br>(1st Degree)             | 6:45 - 7:30 | 7:00 - 8:00  | 4:30 - 5:15 | 6:10 - 8:00  |        | 1:00 - 1:45   |
| <b>Black Belt</b><br>(2nd & 3rd Degree)       | 6:00 - 6:45 | 7:00 - 8:00  | 4:30 - 5:15 | 6:10 - 8:00  |        | 2:15 - 3:00   |
| <b>Adult</b><br>(13 & Older)                  |             |              | 7:30 - 8:15 |              |        |               |

## Specialty Classes

(MUST be enrolled in Black Belt Club/Nidan Club to attend Specialty Classes)

| CLASS                                   | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY                      | SATURDAY      |
|---|--------|---------|-----------|----------|-----------------------------|---------------|
| <b>Black Belt Club</b><br>Members Only* |        |         |           |          |                             | 12:00 - 12:30 |
| <b>Nidan Club</b><br>Members Only**     |        |         |           |          |                             | 1:45 - 2:15   |
| <b>SWAT Team Training</b>               |        |         |           |          | 6:00 - 6:45<br>(2nd Friday) |               |
| <b>STORM Team Training</b>              |        |         |           |          | 6:00 - 7:30<br>(2nd Friday) |               |

\* Green - High Red Belts \*\* Brown Belt and Black Belts Only

## Dragon Classes

(4-6 year olds)

| CLASS                 | MONDAY | TUESDAY      | WEDNESDAY | THURSDAY     | FRIDAY | SATURDAY      |
|-----------------------|--------|--------------|-----------|--------------|--------|---------------|
| <b>LD Mornings</b>    |        | 9:30 - 10:00 |           | 9:30 - 10:00 |        |               |
| <b>Little Dragons</b> |        | 5:00 - 5:30  |           | 4:45 - 5:15  |        | 10:00 - 10:30 |

## Fitness Kickboxing/Strength Training

(13 years old and up)

| CLASS  | MONDAY      | TUESDAY     | WEDNESDAY    | THURSDAY    | FRIDAY       | SATURDAY     |
|--|-------------|-------------|--------------|-------------|--------------|--------------|
| <b>AM Classes</b>  |             |             | 9:00 - 10:00 |             | 9:00 - 10:00 | 8:30 - 9:30  |
| <b>PM Classes</b>  | 6:45 - 7:45 | 6:00 - 7:00 | 6:30 - 7:30  | 7:00 - 8:00 |              |              |
| <b>Strength &amp; Conditioning</b><br><small>*additional \$3 fee per class</small> | 6:15 - 6:45 |             | 6:00 - 6:30  |             |              | 9:30 - 10:00 |

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Visit us on the web @ [www.charlottemartialartsacademy.com](http://www.charlottemartialartsacademy.com)

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