Kaizen Elite Training - Weekly Class Schedule

Monday & Wednesday: Kata | Tuesday & Thursday: Kumite

Time	Monday (Kata)	Tuesday (Kumite)	Wednesday (Kata)	Thursday (Kumite)
4:00–4:55 PM	Ages 4–6		Ages 4–6	
5:00–5:55 PM	Ages 7–11	Ages 7–11	Ages 7–11	Ages 7–11
6:00–6:55 PM	Ages 12–16	Ages 12–16	Ages 12–16	Ages 12–16
7:00–7:55 PM	Ages 16–Adult	Ages 16–Adult	Ages 16–Adult	Ages 16–Adult
8:00–8:55 PM	Weapons (All Ages)	Point Sparring (All Ages)	Weapons (All Ages)	Point Sparring (All Ages)

Transition Times: 4:55–5:00 PM, 5:55–6:00 PM, 6:55–7:00 PM, 7:55–8:00 PM