

PowerKenpo Class schedule – Effective 06/20/2010

Carrollton Daily Class Schedule

Monday:

- 6:00 – 6:30PM – Combat Systema
- 6:30 – 7:30PM – Adult Intro Sparring

Tuesday:

- 12:15 – 1:00PM – Adults
- 5:00 – 5:30PM – Little Dragons
- 5:30 – 6:15PM – Adults
- 6:00 – 7:00PM – Juniors
- 7:00 – 7:30PM – Open Junior & Adult Sparring
- 7:45 – 8:45PM – Adults

Wednesday:

- 6:15 – 6:45PM – Little Dragons
- 7:00 – 7:30PM – Adults, Juniors, Families

Thursday:

- 12:15 – 1:00PM – Adults
- 5:15 – 6:00PM – Adults – Black Belts
- 6:00 – 6:45PM – Intermediate Adults
- 6:00 – 7:00PM – All Kids

Juniors from 6:00 to 7:00PM

Little Dragons 6:15 to 6:45PM

- 7:00 – 7:30PM – Escrima
- 7:45 – 8:45PM – Adults

Friday:

- 12:15 – 1:00PM – Adults
- 5:00 – 5:30PM – Little Dragons
- 5:30 – 6:15PM – Juniors

Saturday:

- 9:00 – 9:30AM – Little Dragons
- 9:30 – 10:15AM – Juniors
- 10:15 – 11:00AM – Junior Open Sparring
- 10:00 – 11:00AM – Advanced Adults
- 11:00 – Noon – Adults / Adv. Juniors
- Noon – 12:45PM – Adult Open Sparring
- 12:30 – 1:00PM – Adults, Juniors, Families
- 1:00 – 1:30PM – Escrima

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American Kenpo Karate, Kali Escrima & Combat Systema

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