

## PowerKenpo Class schedule (01/10/12)

### Adult Classes:

<u>Monday:</u>	6:00 – 6.30PM	- Combat Systema
	6:30 – 7.00PM	- Open Sparring
	7:00 – 7.30PM	- Adults
<u>Tuesday:</u>	12:15 – 1:00PM	- Adults
	5:30 – 6:15PM	- Adults
	7:00 – 7:30PM	- Open Sparring
	8:00 – 9:00PM	- Adults
<u>Thursday:</u>	12:15 – 1:00PM	- Adults
	5:15 – 6:00PM	- Black Belts
	6:00 – 6:45PM	- Intermediate & Advanced Adults
	7:05 – 7:35PM	- Basic Ground fighting and Grappling Skills
	8:00 – 9:00PM	- Adults
<u>Friday:</u>	12:15 – 1:00PM	- Adults
<u>Saturday:</u>	10:15 – 11:00AM	- Junior & Adult Open Sparring
	11:00 – Noon	- Adults / Adv. Juniors

### Junior Classes:

<u>Monday:</u>	6:15 – 7:00PM	- Juniors
<u>Tuesday:</u>	6:00 – 7:00PM	- Juniors
	7:00 – 7:30PM	- Open Junior & Adult Sparring
<u>Thursday:</u>	6:00 – 7:00PM	- Juniors
	7:05 – 7:35PM	- Junior Black and Brown Belt Class
	7:05 – 7:35PM	- Junior Basic Groundfighting
<u>Friday:</u>	1:00 – 1:45PM	- Juniors
	5:45 – 6:30PM	- Juniors
<u>Saturday:</u>	9:00 – 9:30AM	- Junior Purple/Blue/Green
	9:30 – 10:15AM	- Juniors
	10:15 – 11:00AM	- Junior & Adult Open Sparring
	11:00 – Noon	- Adults and Advanced Juniors

### Little Dragon Classes:

<u>Tuesday:</u>	5:15 – 5:45PM	- Little Dragons
<u>Wednesday:</u>	6:00 – 6:30PM	- Little Dragons
<u>Thursday:</u>	5:45 – 6:15PM	- Little Dragons
<u>Friday:</u>	1:00 – 1:45PM	- Little Dragons
	5:00 – 5:30PM	- Little Dragons
<u>Saturday:</u>	9:00 – 9:30AM	- Little Dragons

### Family Classes (Adults, Juniors, Little Dragons):

<u>Wednesday:</u>	6:30 – 7:00PM	- Family Class (Little Dragons if a parent is in the class).
<u>Saturday:</u>	12:15 – 12:45PM	- Family Class (Little Dragons if a parent is in the class).

## PowerKenpo

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Carrollton, TX 75007

972.358.0378 • [www.powerkenpo.com](http://www.powerkenpo.com)

[www.CobraSelfDefenseDallas.com](http://www.CobraSelfDefenseDallas.com)



Next C.O.B.R.A. 10 Week Self Defense Academy starts on Wednesday, January 25 at 7PM. The Academy meets every Wednesday and Thursday from 7PM to 8PM - \$299

C.O.B.R.A. Adult 1 Day Survival Camp – Saturday 1/14 from 1-5PM - \$99

C.O.B.R.A. Kids Survival Camp – Saturday, January 21 from 1PM to 3PM - \$49.00