

**YOUNG'S UECHI-RYU KARATE & FITNESS
CLASS SCHEDULE**

Monday

5:30-6:30pm Cardio Kickboxing

7-8:30pm Adult Beginner Karate

Tuesday

5:30-6:30pm Kids Beginner Karate

6:30-7:30pm Kids Intermediate Karate

7:30-9pm Adult & Junior Advanced Karate

Wednesday

5:30-6:30pm Cardio Kickboxing

6:30-7:30pm Pound

Thursday

6-7pm Kids Beginner Karate

7-8:30pm Adult Mixed/Junior Intermediate & Advanced Karate

Friday

5:30-6:30pm Cardio Kickboxing

Saturday

10-11am Cardio Kickboxing

11:15am-12pm Kids Introduction to Karate