



# 6tigers Schedule

Fall 2020

**Class Locations**

- Dojo / Z-Dojo-1
- Z-Dojo-2
- Soloway JCC

## Morning/Afternoon (AM) Classes

	Fri	Sat
9:00am		9:00 - 9:45 Tiny Tigers
10:00am		10:00 - 11:15 All Youth/ Adult Karate
11:00am		
12:00pm		11:45 - 12:45 6Team Kata (In person only)
	12:00 - 1:00 All Arnis	12:00 - 1:00 Arnis
1:00pm		12:45 - 1:45 6Team Kumite (In person only)
	1:00 - 2:00 Adult Arnis w/ Master Gaby	1:00 - 1:30 Advanced Adult Arnis
2:00pm		

## Evening (PM) Classes

	Mon	Tues	Wed	Thurs	Fri
4:00pm	4:00 - 5:00 6Fit Intro to Weightlifting				
5:00pm		4:30 - 5:15 Tiny Tigers		4:15 - 5:15 Junior Karate (grades 1-3)	
				5:00 - 5:45 Tiny Tigers	
6:00pm	5:30 - 6:15 White Yellow Children's Karate				5:30 - 6:15 All Children Karate
		6:00 - 7:00 6Team Kata (In person only)		6:00 - 6:30 Children's Kobudo	6:00 - 6:45 Orange-Brown Children Karate
				6:30 - 7:00 Adult Kobudo	
7:00pm	6:30 - 7:30 Junior Black Belt	7:00 - 8:00 6Team Kumite (In person only)		6:45 - 7:30 White/Yellow Adult Karate	7:00 - 8:00 Junior Black Belt
		7:00 - 8:00 All Belt Adult Karate		7:00 - 8:00 Arnis	7:00 - 8:00 6Fit HIT Class
8:00pm	7:45 - 8:45 Black Belt			7:45 - 8:30 Orange-Brown Adult Karate	
	8:00 - 9:00 Arnis				7:30 - 8:30 All Youth/ Adult Karate
		8:00 - 9:00 6Fit HIT Stretching		8:15 - 9:15 Black Belt	
9:00pm					9:00 - 10:00 6Fit HIT Stretching
10:00pm					