

Scota Karate Academy, Ltd.

"Where Excellence Is The Standard Not The Exception"

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>Yoga</u> 8:30 – 9:30 AM		<u>Yoga</u> 8:30 – 9:30 AM		<u>Yoga</u> 8:30 – 9:30 AM	<u>9:30 – 10:00</u> Private Lessons By Appointment Only
<u>4:30 – 5:20</u> Youth Yellow and Orange	<u>4:00 – 5:00</u> Youth Green – Brown	<u>4:30 – 5:20</u> Youth Yellow & Orange	<u>4:00 – 5:00</u> Youth Green – Brown	No Other Classes	<u>10:00 – 11:00</u> Youth Sparring
<u>5:30 – 6:15</u> Pee Wee	<u>5:00 – 6:00</u> Youth Red – Black	<u>5:30 – 6:15</u> Pee Wee	<u>5:00 – 6:00</u> Youth Red – Black		<u>11:00 – 11:45</u> Make Up Classes All Ranks
<u>6:30 – 7:20</u> Youth – Adult Yellow - Orange	<u>6:15 – 7:00</u> Youth - Adult Beginners	<u>6:30 – 7:20</u> Youth - Adult Yellow – Orange	<u>6:15 – 7:00</u> Youth - Adult Beginners		<u>12:00 – 1:00</u> Adult Sparring
<u>7:30 – 8:30</u> Black Belt Blue Belt	<u>7:00 – 8:00</u> Adult Green – Brown		<u>7:00 – 8:00</u> Adult Green – Brown		<u>1:15 – 3:00</u> Gup Testing (Once a month) By selection only
	<u>8:00 – 9:00</u> Adult Red – Black		<u>8:00 – 9:00</u> Adult Red – Black		

Promptness is a requirement of your attendance. Students should arrive a five minutes before their scheduled class time. This time should be used to stretch out and warm up before class begins. At all times please be courteous to the class that is ahead of you receiving instruction. The school will be open 15 to 30 minutes prior to the beginning of class. An instructor or staff member will be available to talk to parents or students.

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www.scotakarateacademy.com

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