



Spring 2010

Belt Rank	Mon	Tues	Wed	Thurs	Fri	Sat
Children's Classes by Belt Rank (45 minute classes)						
White Belt	4:15	3:30	3:30	4:15	3:30	9:00
Orange Belt	4:15	3:30	3:30	4:15	3:30	9:00
Yellow Belt	4:15	3:30	3:30	4:15	3:30	9:00
Gold Belt	3:30	5:00	4:15	3:30	3:30	10:30
Green Belt	3:30	5:00	4:15	3:30	3:30	10:30
Purple Belt	3:30	5:00	4:15	3:30	3:30	10:30
Blue Belt	3:30	4:15	4:15	5:00	4:15	10:30
Brown Belt	3:30	4:15	4:15	5:00	4:15	10:30
Red Belt	3:30	4:15	4:15	5:00	4:15	10:30
Jr. Black Belt	5:00	5:45	5:00	5:45	4:15	10:30
Youth All	5:00		5:00			
Family and Adult Classes						
FAMILY	5:45		5:45			9:45
ADULT		9:30 am	9:30 am			
13 yrs & older	BJJ	6:30	6:30	6:30	5:00	11:15
Adult Red/Black		7:30				
Teen					5:00	
Aikido			7:30	7:30	7:30	10 Sun

858 793-KICK (5425) [solanabeachkarate.com](http://solanabeachkarate.com)

Youth classes ages 10-14  
Adult classes – 13 years and older