



## Fall 2018

Belt Rank	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Children's Classes by Belt Rank</b> (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	4:15	4:15	3:30	3:30	9:00
Green Belt	3:30	4:15	4:15	3:30	3:30	9:00
Purple Belt	3:30	4:15	4:15	3:30	3:30	9:00
Blue Belt	3:30	4:15	4:15	3:30	4:15	9:00
Brown Belt	3:30	4:15	4:15	3:30	4:15	9:00
Red Belt	3:30	4:15	4:15	3:30	4:15	9:00
<b>Jr. Black Belt Level I - IV</b>	5:00	5:00	5:00	5:45	4:15	10:30
<b>Jr. Black Belt Level V - IX</b>	6:30	5:45	5:45	5:45	4:15	10:30
<b>Youth All</b>	5:00	5:00	5:00	5:00		
<b>Family and Adult Classes</b>						
<b>FAMILY</b>	5:45				9:45	
<b>ADULT</b>	9:30 am					
<b>13 yrs &amp; older</b>	6:30	5:45	6:30(adv)	6:30	10:30	
<b>Aikido</b>	7:30(cardio)		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