

	Monday	Tuesday	Wednesday	Thursday	Friday
2:00 P.M.	Private Training - Available by appointment - 9am-2pm	Private Training - Available by appointment - 9am-11am	Private Training - Available by appointment - 9am-2pm	Private Training - Available by appointment - 9am-2pm	Private Training - Available 9am-11am
3:00 P.M.		Karate Kids Level 1 - TBPS (Waterbury) - White-Orange Stripe Belts - Ages 5 -10 - 3:00-3:45 P.M.	Karate Kids Level 1 & 2 - BJAMS (Morrisville) - All Stripe Belts - Ages 5-10 - 3:15-4:00 P.M.		Karate Kids Level 1 & 2 - Cambridge Elementary - All Stripe Belts - Ages 5-10 - 2:35-3:20 P.M.
		Karate Kids Level 2 - TBPS (Waterbury) - Purple-Brown Stripe Belts - Ages 5-10 - 3:45-4:30 P.M.			Adv. Extension - 3:30-3:45 P.M.
4:00 P.M.	Karate Kids Level 1 & 2 - Studio 108 (Stowe) - All Stripe Belts - Ages 5-10 - 4:00-4:45 P.M.	Jr. & Adult 1 - TBPS (Waterbury) - Solid Belts (White-Blue) - Ages 10 - Adult - 4:30-5:15 P.M.	Jr. & Adult Beginner - Advanced - BJAMS (Morrisville) - Solid White - Black - Ages 10 - Adult - 4:10-5:00 P.M.	Karate Kids Level 1 & 2 - Studio 108 (Stowe) - All Stripe Belts - Ages 5-10 - 4:00-4:45 P.M.	Jr. & Adult Beginner - Advanced - Cambridge Elementary - Ages 10 + - 3:45-4:35 P.M.
		Jr. & Adult 2 - TBPS (Waterbury) - (Blue W/Green - Black) - Ages 10 - Adult - 5:15-6:00 P.M.			
5:00 P.M.		Jr. & Adult 2 - TBPS (Waterbury) - (Blue W/Green - Black) - Ages 10 - Adult - 5:15-6:00 P.M.	Adv. Extension - 5:00-5:15 P.M.	Jr. & Adult Beginner - Advanced - Studio 108 (Stowe) - Solid White - Black - Ages 10 - Adult - 5:00-5:50 P.M.	Saturday/Sunday Occasional Private Training - Available by appointment
	Jr. & Adult Beginner - Advanced - Stowe Elementary - Solid White - Black - Ages 10 - Adult - 5:45-6:35 P.M.				
6:00 P.M.	Adv. Extension - 6:35-6:45 P.M.			Adv. Extension - 5:50-6:10 P.M.	
	Jr. & Adult Specialty - Stowe Elementary - See Prerequisites - 6:45-7:30 P.M.	Cardio Kickboxing/ Conditioning - Adult - 6:45-7:25 P.M.		Private Training - 6:10-7:00 P.M.	
7:00 P.M.	Red / Black Belt - 7:30-8:15 P.M.	Adult -Traditional - Dojo (Morrisville) - White - Black Belt - Ages 14+ - 7:30-8:15 P.M.		Private Training - 7:00-7:50 P.M.	
8:00 P.M.					