

Mountain View Karate

Class Schedule

Starting December 2nd (Class Changes in **Bold**)

Monday

4:30-5:15 PM Blue/Purple-Black Belts

5:15-6:00 PM Blue/Purple-Black Belts

6:00-6:45 PM White-Yellow/Orange Belts

6:45-7:30 PM Orange-Blue Belts

7:30-8:30 PM Stretching Class (10 and up or younger with permission)

Tuesday

4:30-5:15 PM Orange-Blue Belts

5:15-6:00 PM White-Yellow/Orange Belts

6:00-6:45 PM Orange-Blue Belts

6:45-7:45 PM Blue/Purple-Black Belts

7:45-9:00 PM Tai Chi

Wednesday

4:30-5:15 PM White-Yellow/Orange Belts

5:15-6:00 PM Orange-Blue Belts

6:00-6:45 PM Sparring All Ages

6:45-7:30 PM Blue/Purple-Black Belts

7:30-8:30 PM Demo Team Class

Thursday

4:30-5:15 PM White-Yellow/Orange Belts

5:15-6:00 PM White-Yellow/Orange Belts

6:00-6:45 PM Orange-Blue Belts

6:45-7:45 PM Blue/Purple-Black Belts

7:45-9:00 PM Tai Chi

Friday

5:00-6:00 PM Demo Team Class

6:00-7:00 PM Pre Demo Team Class (Invite Only)

7:00-8:00 PM Stretching Class (10 and up or younger with permission)

Saturday

9:30-10:15 AM Children **Preparatory** Class

10:30-11:15 AM White-Yellow/Orange Belts

11:15-12:00 PM Orange-Blue Belts

12:00-12:45 PM Blue/Purple-Black Belts

12:45-1:30 PM Sparring All Ages

1:30-2:30 PM Demo Team Class

3:30-4:30 PM Yoga (With Sorour)

