



WARREN LEVI KARATE & MIXED MARTIAL ARTS 2010 SUMMER SCHEDULE

Effective June 28, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
	6:00 – 7:00 BOOT CAMP		6:00 – 7:00 BOOT CAMP	6:00 – 7:00 BOOT CAMP		
9:00 – 10:00 BOOT CAMP	9:15 – 10:15 BOOT CAMP	9:00 – 10:00 BOOT CAMP	9:15 – 10:15 BOOT CAMP	9:00 – 10:00 BOOT CAMP		9:00 – 10:00 BOOT CAMP Junior General
10:00 – 11:00 BOOT CAMP	10:15 – 11:15 WOMEN'S KARATE	10:00 – 11:00 BOOT CAMP	10:15 – 11:15 WOMEN'S KARATE	10:00 – 11:00 BOOT CAMP		10:00 – 11:00 BOOT CAMP Black Belt Class
						11:00 – 12:00 Lil' Dragons Mens Fitness
5:00-5:45 Dragons 3-6 yrs	4:45-5:30 Dragons 3-6 yrs	5:00-5:45 Dragons 3-6 yrs	4:45-5:30 Dragons 3-6 yrs			12:30 – 2:30 KARATE PARTIES
5:45- 6:30 Junior General	5:30- 6:15 Junior General	5:45- 6:30 Junior General	5:30- 6:15 Junior General			2:45-3:30 Black Belt Club Class
6:30-7:15 Junior Intermediate	6:15-7:00 Junior Advanced	6:30-7:15 Junior Intermediate	6:15- 7:00 Junior Advanced			6:00 – 7:00 Girls Only 7 – 12 yrs
7:15-8:00 Junior Beginner	7:00 – 8:00 Male Basic & BBC	7:15-8:00 Junior Beginner	7:00-8:00 Male Basic & BBC			7:00 – 8:00 Women Only Basic
8:00 – 9:00 Adv. Karate Women Boot Camp	8:00-9:00 BLACK BELT MASTERS	8:00 – 9:00 Women Only General	8:00-9:00 BLACK BELT MASTERS			
9:10 – 10:10 Men Only Muay Thai Boxing	9:00 – 10:00 Men Only MMA Boot Camp	9:10– 10:10 Men Only Muay Thai Boxing	9:00 – 10:00 Men Only MMA Boot Camp			