



Karate America DeForest

605 S. Main Street | (608)846-0404 | www.kadeforest.com

EFFECTIVE 9/6/2011

	Monday	Tuesday	Wednesday	Thursday	Saturday
Kinderkickers and White Belts 3-6 year olds	★	4:30 p.m.	5:45 p.m.	4:30 p.m.	10:00 a.m.
White 7 to 12 year olds	4:30 p.m.	★	5:15 p.m.	5:00 p.m.	10:00 a.m.
Non-BBT Gold & Up 5 to 12 year olds	4:30 p.m.	★	5:15 p.m.	5:00 p.m.	**10:30 (sparring) 11:30 (open class)
BBT Blue and Under 5 to 12 year olds	5:30 p.m.	5:00 p.m.	4:30 p.m.	5:30 p.m.	**10:30 (sparring) 11:30 (open class)
BBT Blue Stripe & Up 5 to 12 year old	5:30 p.m.	5:30 p.m.	4:30 p.m.	5:30 p.m.	**11:00 (sparring) 11:30 (open class)
Kids With Sticks 5 to adult (with ok from instructor)	5:00 p.m.	★	★	★	★
Family Class (kids and parents)	6:15 p.m.	★	★	★	11:30 a.m.
All Teen / Adult (13+ years)	6:15 p.m.	6:00 p.m.	6:15 p.m.	7:30 p.m. (open sparring)	11:30 a.m.
Open Class (All belts/ages gold & up)	★	★	★	★	11:30 a.m.
Masters (1 st degree Black Belts)	7:00 p.m.	★	6:45-7:30 p.m. (16+ or permission)	★	11:30 (open class)
Masters (2 nd degree Black Belts)	★	★	7:00 p.m.	★	11:30 (open class)
Team Eclipse	★	★	★	★	12:00
Cardio Kickboxing	★	6:40 p.m.	★	6:30 p.m.	8:00 a.m.
Functional Fitness (Tone Time)	★	★	★	★	9:00 a.m.