



Karate America Lodi
108 Lodi Street
608-592-4800

	Monday	Tuesday	Wed	Thursday	Saturday
Kinderkickers		5:15		4:30	10:00
White & Gold	6:00	*		4:00	10:00
Non BBT					**10:30
Orange & Green	*	5:45		4:00	**10:30
Green BBT	6:30	4:30		5:45	**11:00
Purple BBT	6:30	4:30		5:45	**11:00
Blue BBT	6:30	4:30		5:00	**11:00
Red & UP	6:30	3:45		5:00	**11:00
Leadership	4:40	*		*	*
Kids/Sticks	4:00	*		*	*

Day Classes

Cardio		9:00		9:00	
KKs & White		10:00		10:00	
Non BBT		10:30		10:30	
Teen/Adults		11:00		11:00	
Cardio					
BBT					

Teen/Adult Classes

All Belt Levels	7:10				11:30
Open Sparring				7:15	
Family Class		6:15			
Masters	5:20				

Cardio Kickboxing

Cardio		7:00		6:30	
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**Requires Sparring Gear

Effective date 9-19-2011