



Kaigan Karate-do

760-630-7000

4065 Oceanside Blvd. Suite F
Oceanside, CA 92056



KAIGAN KARATE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adults All Belts 10:00-11:00 AM				Adults All Belts 10:00-11:00 AM	Children's Under 10 yrs.old All Belts Class 9:30AM 10:15AM
						Adults All Belts Class 10:15 AM 11:00AM
	Little Ninjas <i>(3-4yrs old)</i> 4:00 -4:30PM		Little Ninjas <i>(3-4yrs old)</i> 4:00-4:30PM	Little Ninjas <i>(3-4yrs old)</i> 4:00-4:30PM		
	Children Yellow to Orange Belts 4:30-5:15 PM	Children Ages 4 - 8 Sparring 4:30- 5:15 PM All Belts Colors	Children White stripes: Ages 8 and up Yellow Belts 4:30-5:15 PM	Children White Belts (No Weapons) 4:30-5:15 PM	Children All Belts Class 4:30-5:15 PM	
	Children White Belts (Beginners) 5:15-6:00 PM	Children Ages 9 - 12 Sparring 5:15- 6:15 PM All Belt Colors	Children White Belts (Beginners) 5:15-6:00 PM	Children Yellow to Purple Belts (No Weapons) 5:15-6:00 PM	Tournament Team Training 5:30-6:45 PM	
	Blue Belts & Up 6:00-6:50 PM	Teen-Adults All Belts Sparring 6:15- 7:15 PM	Children Orange to Green Belts 6:00-6:50 PM	Weapons All ages & belts 6:00-6:50 PM		
	Adults All Belts 6:50-7:50 PM	<i>*Prior to attending sparring class you must have all the require equipment approved by Kaigan Karate-do</i>	Teen / Adults All Belts 6:50 PM-7:50PM	Advanced Practice Brown & Up 6:50 PM-7:50PM		



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www.kaigankaratedo.com
kaigankaratedo@gmail.com

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