



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 8 yrs old & up All Belts Class 9:30AM - 10:30AM
		Current change to Tuesday Sparring Class (until further notice) Children Ages 4-12 will be combined @4:30pm				
	<u>Little Ninjas (3-4yrs old) 4:00 -4:30PM</u>		<u>Little Ninjas (3-4yrs old) 4:00-4:30PM</u>	<u>Little Ninjas (3-4yrs old) 4:00-4:30PM</u>		
	Children Yellow to Orange Belts 4:30-5:15 PM	Children Ages 4 – 12 yrs old Sparring 4:30- 5:30 PM All Belts Colors	Children Brown and black stripe Yellow Belts 4:30-5:15 PM	Children White Belts 4:30-5:15 PM	Children 6 yrs old & up All Belts Class 4:30-5:30 PM	
	Children White Belts (Beginners) 5:15-6:00 PM	Teen-Adults All Belts Sparring 5:30-6:30 PM	Children White Belts (Beginners) 5:15-6:00 PM	Children Yellow to Purple Belts 5:15-6:15 PM	Tournament Team Training 5:30-6:30 pm	
	Blue Belts & Up 6:00-7:00 PM		Children Orange to Green Belts 6:00-7:00 PM	Black & Brown Belt class 6:15-7:00 PM		
	Adults All Belts 7:00-8:00 PM	<i>*Prior to attending sparring class you must have all the require equipment approved by Kaigan Karate-do</i>	Teen / Adults All Belts 7:00 PM-8:00PM	Teen / Adults All Belts 7:00 PM-8:00PM		

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