

# WEEKLY KARATE SCHEDULE - East Valley Martial Arts Kenshin Kan

2401 E. BASELINE RD. STE. 98, GILBERT, AZ 85234. WWW.EVMA.NET CELL: (480) 330-8886 PHONE: (480) 892-4240

## MONDAY

5:10 pm to 6:00 pm	Kids, All Ranks (age 6 to 12)
6:10 pm to 7:00 pm	Weapons (with instructor approval)
7:10 pm to 8:00 pm	Adults, All Ranks (age 13 & up)

## TUESDAY

9:00 am to 9:50 am	Adults, All Ranks (age 13 & up)
10:00 am to 11:00 am	Yoga* (age 10 to adult)
5:30 pm to 6:20 pm	Kids, White thru Black (age 6 to 12)
6:30 pm to 7:20 pm	FIT CAMP** (ages 13 & up)
7:30 pm to 8:20 pm	Adults, All Ranks (age 13 & up)

## WEDNESDAY

10:45 am to 11:15 am	Little Dragons (3 to 5 years old)
5:10 pm to 6:00 pm	Kids, All Ranks (age 6 to 12)
6:10 pm to 7:00 pm	Weapons (with instructor approval)
7:10 pm to 8:00 pm	Adults, All Ranks (age 13 & up)

## THURSDAY

9:00 am to 9:50 am	Adults, All Ranks (age 13 & up)	
10:00 am to 11:00 am	Yoga* (age 10 to adult)	
5:00 pm to 5:45 pm	Mixed, Blue thru Brown (age 6 & up)	Mixed, Blue thru Brown (age 6 & up)
5:50 pm to 6:35 pm	Mixed, White thru Green (age 6 & up)	Mixed, White thru Green (age 6 & up)
6:35 pm to 8:00 pm	Black Belts, All Ages	Black Belts, All Ages

## FRIDAY

5:10 pm to 6:00 pm	Kids, All Ranks (age 6 to 12)
6:10 pm to 7:00 pm	Adults, All Ranks (age 13 & up)

## SATURDAY

8:00 am to 9:00 am	Yoga* (age 10 to adult)	
9:05 am to 9:50 am	Adults, All Ranks (age 13 & up)	
9:55 am to 10:40 am	Weapons (with instructor approval)	
10:45 am to 11:15 am	Little Dragons (3 to 5 years old)	
11:20 am to 12:05 pm	Mixed, All Ranks (age 6 & up)	Mixed, All Ranks (age 6 & up)

\*Additional charge for Yoga, our karate students pay only \$5 per class! \*\*FIT CAMP: Students \$0, Family \$5, Public \$10.  
Adults, age 13 and up, unlimited empty-hand classes. Maximum one weapons class per week.  
Kids, age 6 to 12, maximum three days of classes per week. Maximum one weapons class per week.  
Little Dragons, age 3 to 5, two Little Dragons classes per week.

PRIVATE LESSONS AND PERSONAL FITNESS TRAINING AVAILABLE FOR AN EXTRA FEE.

01/08/08

