

Martial Arts America, 3450 Winton Place, Rochester, NY 14623

585-475-9250 www.RochesterKarate.com info@RochesterKarate.com (starts 5/15/17)

	Monday	Tuesday	Wednesday	Thursday	Saturday
Tigers 4 & 5 years old	4:00-4:30 pm	4:00-4:30 pm		6:00-6:30 pm	9:00-9:30 am
White, Yellow & Orange Belts	4:30-5:15 pm	5:15-6:00 pm	4:00-4:45 pm 6:45-7:30 pm	5:15-6:00 pm	10:15-11:00am
Green, Blue & Advanced Blue Belts	5:15-6:00 pm	4:30-5:15 pm 6:30-7:15 pm	7:30-8:15 pm	4:00-4:45 pm	11:30am-12:15
Purple, Advanced Purple & Brown Belts	5:15-6:00 pm	4:30-5:15 pm 6:30-7:15 pm	7:30-8:15 pm	4:00-4:45 pm	11:30am-12:15
Black Belt Candidate & Apprentice/Jr Black Belts	6:30-7:15 pm	7:15-8:00 pm	5:30-6:15 pm	6:30-7:15 pm	12:15-1:00 pm
Black Belts	7:15-8:00 pm		4:45-5:30 pm	7:15-8:00 pm	9:30-10:15 am
Adults Only - All Belts	8:00-8:45 pm	8:00-8:45 pm		8:00-8:45 pm	
Leadership	6:00-6:30 pm	6:00-6:30 pm	6:15-6:45 pm	4:45-5:15 pm	11:00-11:30am