

# H&H Karate Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15 Little Warriors	4:30 White/Gold	4:30 White/Gold	4:15 Little Warriors	4:30 White-Green	9:00 Warriors/Ninjas
4:45 Little Ninjas	5:00 Orange/Green	5:00 Orange/Green	4:45 Little Ninjas	5:00 Purple-Brown	9:30 Beg. Weapons Green-Red
5:15 Forms Brown/Blk Stripe	5:30 Forms Purple-Red	5:30 Purple-Red	5:15 Forms White/Gold	5:30 Blk Stripe/Black	10:00 Sparring-All Belts
6:00 Purple-Red	6:00 Black Belts	6:15 Brown/Blk Stripe	5:45 Forms Orange/Green		10:45 Adv. Weapons Brown-Black
6:45 Sparring-All Belts	6:45 Brown/Blk Stripe	7:00 Forms Teen/Adult All Belts	6:15 Black Belts		11:15 Forms/Combos Black Belts
7:30 Teen/Adult All Belts	7:30 Tournament Prep/ Open mat	7:45 Self-Defense Ages 16+	7:00 Sparring-All Belts 7:45 Teen/Adult All Belts		

We recommend at least two classes per week. Advanced students remember to get your sparring classes as well. Forms classes are important for all White belts and above.



## H&H Karate LLC

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