



SUNRISE CLASS SCHEDULE

4317 N. Pine Island Road, Sunrise, FL 33351

954-572-7970

MARTIAL ARTS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AFTER SCHOOL							✓ PLEASE ARRIVE 10-15 MINUTES PRIOR TO CLASS TIME
KINDERKICKERS Ages 4-6	3:00-3:30	5:00-5:30	3:00-3:30	5:00-5:30	4:00-4:30	10:30-11:15	✓ REMAIN IN PROPER WARM UP AREA
KIDS' BEGINNERS GOLD/ORANGE Ages 7-11	5:45-6:30	3:00-3:45	5:45-6:30	4:00-4:45			✓ NEVER DISTURB CLASS IN SESSION
KIDS' GREEN/PURPLE	3:45-4:30	5:45-6:30	4:45-5:30	3:00-3:45	4:45-5:15		✓ QUIETLY STRETCH AND PREPARE FOR CLASS
KIDS' BLUE/ADVANCED	4:45-5:30	4:00-4:45	3:45-4:30	5:45-6:30			✓ ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS
BROWN/ADV.	6:45-7:15	6:45-7:15	6:45-7:15	6:45-7:15	7:00-7:30	WEAPONS 11:30-12:15	✓ ALL VALUABLES SHOULD BE LEFT IN YOUR CAR
SPECIAL					5:30-6:00		✓ CLEAN UNIFORM AND HYGIENE HABITS ARE A MUST
TEENS/ADULTS	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30	CHAMPS 6:15-6:45		✓ KARATE T SHIRTS CAN BE WORN ON T SHIRT DAYS
							✓ ALL GUESTS SHOULD REMAIN IN SEATING AREA
							✓ ALL SHOES SHOULD BE PLACED IN SHOE RACK
							✓ CHILDREN MUST REMAIN IN DESIGNATED AREAS