



# SUNRISE CLASS SCHEDULE

4317 N. Pine Island Road, Sunrise, FL 33351

**954-572-7970**

MARTIAL ARTS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AFTER SCHOOL	2:45-3:15	2:45-3:15	2:45-3:15	2:45-3:15	2:45-3:15		✓ PLEASE ARRIVE AT LEAST 5 MINUTES PRIOR TO CLASS TIME
KINDERKICKERS Ages 4-6	3:30-4:00	5:10-5:40	5:10-5:40	3:30-4:00	4:00-4:40	10:30-11:15	✓ REMAIN IN PROPER WARM UP AREA
KIDS' BEGINNERS GOLD/ORANGE Ages 7-11	5:50-6:30	4:20-5:00	5:50-6:30	5:00-5:40			✓ NEVER DISTURB CLASS IN SESSION
KIDS' GREEN/PURPLE	4:10-4:50	3:30-4:10	3:30-4:10	4:10-4:50	4:50-5:25		✓ QUIETLY STRETCH AND PREPARE FOR CLASS
KIDS' BLUE/ADVANCED	5:00-5:40	5:50-6:30	4:20-5:00	5:50-6:30			✓ ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS
BROWN/ADV.	6:40-7:15	6:40-7:15	6:40-7:15	GRAPPLING 6:40-7:15	SPECIAL 5:30-6:00	SPARRING 11:30-12:15	✓ ALL VALUABLES SHOULD BE LEFT IN YOUR CAR
SPECIAL					CHAMPS 6:15-6:45	WEAPONS 12:30-1:15	✓ 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			✓ 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