| Class | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Youth Karate Ages 7+ | 5:30-6:30 PM | | 5:30-6:30 PM | | | |
| All Ages Combined Karate Ages 7+ | | 6:00-7:00 PM | | 6:00-7:00 PM | | |
| Adult/Teen Traditional Karate Ages 13+ | 7:00-8:30 PM | | 6:30-8:00 PM | | | |
| All Ages Combined Karate Fuzion Ages 7+ | | | | 7:15-8:00 | | |
| Adult/Teen Karate Fuzion Ages 13+ | | | | 7:15-8:30 | | |
| Hojo Undo/Open Dojo Ages 13+ | 6:30-7:00 PM | 5:00-6:00 PM | | 5:00-6:00 PM | | 10:00-11:30 AM |
| Kobudo | | 7:15-8:30 PM | | | | |
| Karate for Life | | | | | 9:00-10:00 AM | |

Youth Karate- This class is for any youth ages 7-13. This is geared towards beginner and intermediate youth belts.

All Ages Karate – Anyone age 7+ is welcome. This is a great class for families to participate in and is geared towards beginning and intermediate levels

Adult Traditional Karate – This class is for older teens and adults (though mature and advanced belt youth may be invited to train in this class) and accommodates beginner thru advanced students.

Hojo Undo/Open Dojo- This time is for strength building through the use of traditional equipment and body weight exercises. It may also be used as extra time in the dojo to practice what is learned in class.

Kobudo- weapons training, adults- all belts, youth- invitation only

Karate Fuzion – This is a mixed martial arts class and includes more ground fighting than the traditional classes. Youth students must have a yellow belt or be given special permission to train in this class.

Karate for Life- This class is geared towards the student who begins karate or wants to continue their karate practice later in life. All adults are welcome .