

Seigler's Karate Center

Kids Class Schedule

Begins October 6, 2008

706-855-5685 | 4471 Columbia Road | Suite A3 | Martinez, GA 30907 | www.teamseigler.com

Monday (A) / Wednesday (B)

MAIN FACILITY

4:00 PM – 4:45 PM	7-12 Yr. Olds -	Intermediate (Blue – Adv. Purple Belts) Advanced (Brown – Black Belts)
4:45 PM – 5:30 PM	7 – 12 Yr. Olds	Masters Training
5:30 PM – 6:00 PM	4 – 6 Yr. Olds	Lil Dragons (All Belt Ranks)
6:00 PM – 6:15 PM	4 – 6 Yr. Olds	Dragon's Club
6:15 PM – 6:45 PM	4-6 Yr. Olds	Lil Dragons (All Belt Ranks)
6:45 PM – 7:15 PM	7-12 Yr. Olds	Beginners (White, Yellow, and Orange Belts)
7:15 PM – 7:30 PM	7-12 Yr. Olds	Beginner Black Belt Training
7:30 PM – 8:00 PM	7-12 Yr. Olds	Beginners (White, Yellow, and Orange Belts)

Tuesday (A) / Thursday (B)

MAIN FACILITY

4:00 PM – 4:30 PM	4 – 6 Yr. Olds	Lil Dragons (All Belt Ranks)
4:30 PM – 4:45 PM	4-6 Yr. Olds	Dragon's Club
4:45 PM – 5:15 PM	7 – 12 Yr. Olds	Beginners (White, Yellow, and Orange Belts)
5:15 PM – 5:30 PM	7 – 12 Yr. Olds	Beginner Black Belt Training
5:30 PM – 6:00 PM	7-12 Yr. Olds	Beginners (White, Yellow, and Orange Belts)
6:00 PM – 6:45 PM	7 – 12 Yr. Olds	Intermediate (Blue – Advanced Purple Belts)
6:45 PM – 7:30 PM	7 – 12 Yr. Olds	Masters Training
7:30 PM – 8:15 PM	7 – 12 Yr. Olds	Advanced (Brown – Black Belts)

Saturday (Beginners and Lil Dragons Classes are considered an "A" Class)

MAIN FACILITY

9:00 AM – 9:45 AM	Sparring Class (Kids and Adults)	
10:00 AM – 10:30 AM	DELTA Team Training	
10:30 AM – 11:00 AM	7-12 Yr. Olds	Beginners (White, Yellow, and Orange Belts)
11:00 AM – 11:15 AM	7-12 Yr. Olds	Black Belt Training 4-6 Yr. Olds Dragon's Club
11:15 AM – 11:45 AM	4 – 6 Yr. Olds	Lil Dragons (All Ranks)

NEW FACILITY

9:00 AM – 10:00 AM	Black Belt Only Class / Black Belt Prep Class
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Seigler's Karate Center | Seigler's MMA

Teen / Adult Class Schedule

Begins October 6, 2008

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Monday (A) / Wednesday (B)

NEW FACILITY

6:00 PM – 6:15 PM	Beginner Black Belt Training (White, Yellow, and Orange Belts)
6:15 PM – 7:00 PM	Beginner Kempo Karate (White, Yellow, and Orange Belts)
7:00 PM – 7:45 PM	Advanced Kempo Karate (Blue – Black Belts)
7:45 PM – 8:00 PM	Advanced Black Belt Training (Blue – Black Belts)
8:00 PM – 8:30 PM	Masters Training
8:30 PM – 9:15 PM	Ultimate MMA

MAIN FACILITY

8:00 PM – 8:45 PM	Basic MMA
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Tuesday (A) / Thursday (B)

NEW FACILITY

6:00 PM – 6:45 PM	Basic MMA
6:45 PM – 7:30 PM	Ultimate MMA
7:30 PM – 8:00 PM	Masters Training
8:00 PM – 8:45 PM	Advanced Kempo Karate (Blue Belts – Black Belts)
8:45 PM – 9:00 PM	Advanced Black Belt Training (Blue Belts – Black Belts)

MAIN FACILITY

8:15 PM – 9:00 PM	Beginner Kempo Karate (White, Yellow, and Orange Belts)
9:00 PM – 9:15 PM	Beginner Black Belt Training (White, Yellow, and Orange Belts)

Saturday

NEW FACILITY

9:00 AM – 10:00 AM	Black Belt Only Class / Black Belt Prep Class
10:30 AM – 11:15 AM	Ultimate MMA Sparring / Grappling