



FAMILY MARTIAL ARTS

KNOWLEDGE • STRENGTH • INTEGRITY • SUCCESS • PRIDE

515-963-9989

MYDOJOS.COM

Karate Class Schedule

| CLASSES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------------|---------------|---------|---------------|----------|------------------------|
| DOJO DRAGONS | 3:30 and 6:00 | 3:45 | 3:30 and 6:00 | 3:45 | 6:15 |
| KIDS Beginner | 5:15 | 4:15 | 5:15 | 4:15 | 4:45 |
| KIDS Intermediate/Advanced | 4:00 | 5:00 | 4:00 | 5:00 | 4:45 |
| KIDS SPARRING | 4:45 | --- | 4:45 | --- | --- |
| ADULT Beginner / Intermediate | 7:15 | 7:00 | 7:40 | 7:00 | 5:30 CARDIO |
| ADULT Advanced / Black Belt | 7:40 | 7:00 | 7:15 | 7:00 | 5:30 CARDIO |
| ADULT Sparring | --- | 7:45 | --- | 7:45 | --- |
| TEEN/ADULT BBC | --- | --- | --- | --- | 7:00 (See Calendar) |
| YOUTH BBC | --- | --- | --- | --- | 7:00 (See Calendar) |

Beginner Belt Creed

I intend to develop myself in a positive manner, and avoid anything that would reduce my mental growth or my physical health.

Intermediate Belt Creed

I intend to develop self-discipline in order to bring out the best in myself and others.

Advanced Belt Creed

I intend to use what I learn in class constructively and defensively to help myself and my fellow man and never be abusive or offensive.

Black Belt Creed

Motivate, Educate, Dedicate. Leadership by Example.

Body Shaping Class Schedule

*Mondays and Thursdays are strength training days. Bring your 1lb.- 4lb. weights to class on these days.

| MONDAY | TUESDAYS | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|----------|-----------|----------|--------|----------|
| *5:15am | 5:15am | 5:15am | *5:15am | 5:15am | 8:30am |
| *6:30pm | 6:15pm | 6:30pm | *6:15pm | 5:30pm | |