

# Champion Karate & Fitness Class Schedule

<i>UPDATE</i>		<i>UPDATE</i>		<u>Starts 06/07/2010</u>		<i>UPDATE</i>		<i>UPDATE</i>			
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
9am to 10 am <b>Family Karate - HASAAN</b>						10am to 11 am <b>Family Karate - THILEE</b>				10:30 to 11:30 <b>Family Karate - THILEE/HASAAN</b>	
				4pm to 5pm CAMP CHAMP						11:30 to 12:30 <b>Weapons ALL - HASAAN</b>	
4pm to 5pm CAMP CHAMP		4pm to 5pm CAMP CHAMP - HASAAN/THILEE		5pm to 6pm CAMP CHAMP		4pm to 5pm CAMP CHAMP - HASAAN/THILEE		4pm to 5pm <b>Kinder - HASAAN</b>		11:30am to 12:30am SPARRING ALL - THILEE	
5pm to 6pm CAMP CHAMP		5pm to 6pm Youth 7-12 yrs - THILEE		5PM to 6PM <b>Family Karate - HASAAN</b>		5pm to 6pm Youth 7-12 yrs - THILEE		5PM to 6PM <b>Family Karate - HASAAN</b>			
5PM to 6PM <b>Family Karate - HASAAN</b>		6PM to 6:30 <b>LIL' DRAGONS - HASAAN</b>		6pm to 7pm <b>YOUTH/ADULT - SENSEI</b>		6pm to 7pm <b>Kinder - THILEE</b>		5:30 to 6:30 SPARRING - ALL - THILEE			
6:00 to 7:00 Family Cardio Kickboxing - HASAAN		6pm to 7pm <b>Kinder - THILEE</b>		6pm to 7pm <b>Weapons ALL - HASAAN</b>		6:30 to 7pm <b>LIL' DRAGONS - HASAAN</b>					
7pm to 8pm <b>YOUTH/ADULT - HASAAN</b>		6:30 to 7:30 <b>Family Karate</b>		7pm to 8pm Family Cardio Kickboxing - SENSEI		6PM to 7PM Family Cardio Kickboxing - SENSEI					
		<b>10 WEEK CHAMPION MAKEOVER FITNESS CLASS 6:30 TO 7:30</b>		7pm to 8pm BEGINNER/NOVICE - HASAAN		7:00 to ??? Competition Class BY INVITE ONLY - SENSEI					
		7:30 to 8:30 Teen/Adult - Sparring		8pm to 9pm INTERMEDIATE/ADVANCED - SENSEI							