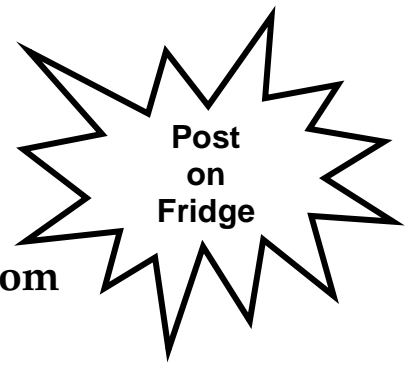


Evergreen Karate Winter Class Schedule

(425) 486-4105 www.evergreenkarate.com



Time	Monday/Thursday	Time	Wednesday/Friday
4:15 - 5:00 pm	Youth Beginner	4:00 - 4:45 pm	Lil' Dragons *jitsu/karate
4:15 - 5:00 pm	Youth Intermediate	4:45 - 5:30 pm	Youth Jiu Jitsu Beginner
5:15 - 6:00 pm	Lil' Dragons	4:45 - 5:30 pm	Lil' Dragons
5:15 - 6:00 pm	Youth Intermediate	5:30 - 6:15 pm	Youth Beginner
6:00 - 6:50 pm	Teen & Adult Beginner	5:30 - 6:15 pm	Youth Intermediate
6:00 - 6:50 pm	Teen & Adult Intermediate	6:15 - 7:00 pm	Family Time Youth (white - Green)
		6:15 - 7:00 pm	Family Time Adult (white - Green)
7:00 - 8:00 pm	Brown Belts	TBA (non Lil'Dragons)	Orientation Class (Fridays, new student by appointment only)
7:00 - 8:00 pm	Black Belts	7:00 - 8:00 pm	Youth Advanced Jiu Jitsu And Adult Path to Blue Belt
8:00 - 10:00 pm	Brazilian Jiu Jitsu Advanced	8:00 - 10:00 pm	Adult Jiu Jitsu Advanced

- Items in **BOLD RED** are classes open to join.
- **Fitness Kickboxing** meets Monday, Wednesday, Friday at 12:15 pm
- **Youth Beginner** (ages 7 -12) & **Teen/Adult Beginner** (ages 13 +) Karate meets twice per week.
- **Lil' Dragons Karate** (children ages 4- 6) meets once per week
- **Family Karate** available to all ranks (under brown belt), ages 7 years old thru adult.
- **Orientation class:** appointment only for 7yrs-Adult. Lil' Dragons begin in a regular class. Please e-mail to schedule an appointment.