



# SUNRISE CLASS SCHEDULE

4317 N. Pine Island Road, Sunrise, FL 33351

**954-572-7970**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AFTER SCHOOL	3:30	3:30	3:30	3:30	3:30		✓ PLEASE ARRIVE 10-15 MINUTES PRIOR TO CLASS TIME
KINDERKICKERS Ages 4-6	4:10	5:30	4:10	5:30	JOURNEY 4:00	10:00	✓ REMAIN IN PROPER WARM UP AREA ✓ NEVER DISTURB CLASS IN SESSION
KIDS' BEGINNERS GOLD/ORANGE Ages 7-11	6:00	4:10	6:00	4:50		10:30	✓ QUIETLY STRETCH AND PREPARE FOR CLASS
KIDS' GREEN/PURPLE	4:40	6:00	5:20	4:10	4:30	10:30	✓ ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS
KIDS' BLUE/ADVANCED	5:20	4:50	4:40	6:00		10:30	✓ ALL VALUABLES SHOULD BE LEFT IN YOUR CAR
BROWN/ADV.	6:40		6:40		6:30	BLACK BELT 12:15	✓ CLEAN UNIFORM AND HYGIENE HABITS ARE A MUST
SPECIAL		EXTREME 6:40		GRAPPLING 6:40	SPECIAL 5:00		✓ KARATE T SHIRTS CAN BE WORN ON T SHIRT DAYS ✓ ALL GUESTS SHOULD REMAIN IN SEATING AREA
TEENS/ADULTS	7:15	7:15	7:15	7:15	WEAPONS 5:30	SPARRING 11:30	✓ ALL SHOES SHOULD BE PLACED IN SHOE RACK
					C.H.A.M.P.S. 6:00		✓ CHILDREN MUST REMAIN IN DESIGNATED AREAS