



Bennati's Martial Arts

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空手道

530-820-3232

Traditional Okinawan Karate

	Monday <i>Kata</i>	Tuesday <i>Sparring</i>	Wednesday <i>Sparring</i>	Thursday <i>Kata</i>	Friday <i>Family/Buddy Day</i>	Saturday <i>Open Floor</i>
Day Class Teen/Adult Ages 13+	11:45-12:45 Floor 2	11:45-12:45 Floor 2	11:45-12:45 Floor 2	10:00-11:00 Kata 11:00-12:00 Sparring
Tiny Tigers Ages 4-5	4:00-4:30 Floor 1	3:50-4:20 Floor 1	4:00-4:30 Floor 1	3:50-4:20 Floor 1	Sparring 3:40-4:10 Floor 1
Little Dragons Ages 6-7	4:40-5:20 Floor 1	4:30-5:10 Floor 1	4:40-5:20 Floor 1	4:30-5:10 Floor 1	Sparring 4:20-5:00 Floor 1	<i>Green Belt and up Kata</i> 10:00-11:00 <i>Yellow belt and up</i> <i>Sparring</i> 11:00-12:00
Beginning Juniors Ages 8-12 White Belt-Orange Belt	5:30-6:20 Floor 1	6:10-7:00 Floor 1	5:30-6:20 Floor 1	6:10-7:00 Floor 1	5:10-6:00 Floor 2	10:00-11:00 Kata 11:00-12:00 Sparring
Advanced Juniors Ages 8-12 Green Belt-Black Belt	5:30-6:20 Floor 2	6:10-7:00 Floor 1	5:30-6:20 Floor 2	6:10-7:00 Floor 1	5:10-6:00 Floor 2	10:00-11:00 Kata 11:00-12:00 Sparring
Teen-Adult Ages 13+	6:30-7:30 Floor 2	5:10-6:10 Floor 2	6:30-7:30 Floor 2	5:10-6:10 Floor 2	5:10-6:00 Floor 2	10:00-11:00 Kata 11:00-12:00 Sparring
Beginning Kobudo (Weapons) Ages 8+ Green belt and up	7:00-8:00 Floor 2	12:00-1:00 Floor 2
Black Belt Class & Instructor Program	Instructors: 7:00-7:30 Black Belts: 7:30-8:30

- Please arrive 10 minutes prior to class time.
- Wear a clean, complete, and approved school uniform. No exceptions, please.
- Place shoes and belongings in locker rooms.
- Notify staff if you will be away for more than 3 days please.
- Come to class with a level 10 energy and enthusiasm.
- Come to classes designated to your age and rank only.