

Class Schedule - Rancho Bernardo Starting September 2, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
Age Groups: Tiny Tiger: 4-6 yrs Youth: 7-12 yrs Teens/Adults: 13+		Private lessons available before classes.			Tiny Tigers Age 4-6 9:30-10am
					Youth Beginners White to Orange Belt 10:00-10:45am
					Youth Orange/Green+ 10:45-11:30am
					Black Belt Training 15 minutes
					Karate Teen/Adult and Red Belt+ 11:45am-12:30pm
					Black Belt Training 15 minutes
AFTERNOON/ EVENING CLASSES					
Youth Beginners White to Orange Belt 3:45-4:30pm	Tiny Tigers Age 4-6 4-4:30PM	Tiny Tigers Age 4-6 4-4:30PM	Tiny Tigers Age 4-6 4-4:30PM	Youth Beginners White to Orange Belt 3:45-4:30pm	
Youth Orange/Green Belt + 4:30-5:15PM	Youth Orange/Green Belt + 4:30-5:15PM	Youth All Ranks 4:30-5:15PM	Youth Orange/Green Belt + 4:30-5:15PM	Youth Orange/Green Belt + 4:30-5:15PM	
Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	
Tiny Tigers Age 4-6 5:30-6:00PM	Youth Beginners White to Orange Belt 5:30-6:15pm	Competition Team 5:30-6:15PM	Youth Beginners White to Orange Belt 5:30-6:15pm	Tiny Tigers Age 4-6 5:30-6:00PM	
Youth All Ranks 6:15-7pm	Youth Orange/Green Belt + 6:15-7PM	Leadership Training 6:15-7:15PM	Youth Orange/Green Belt + 6:15-7PM	Youth All Ranks 6:15-7pm	
Black Belt Training 15 minutes	Black Belt Training 15 minutes		Black Belt Training 15 minutes	Black Belt Training 15 minutes	
Teens/ Adult Karate 7:15-8:00PM	Teens/ Adult Muay Thai 7:15-8:00PM	Teens/ Adult Karate 7:15-8:00PM	Teens/ Adult Muay Thai 7:15-8:00PM		