

# AKKA OLATHE ADULT CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>8 AM</b> BLACK BELT		<b>8 AM</b> BLACK BELT		
					<b>9 AM</b> BLACK BELT
<b>10 AM</b> BEG/INT/ADV	<b>10 AM</b> WHITE BELT		<b>10 AM</b> WHITE BELT	<b>10 AM</b> BEG/INT/ADV	<b>10 AM</b> CORE CONDITIONING
<b>11 AM</b> WHITE BELT	<b>11 AM</b> BEG/INT/ADV		<b>11 AM</b> BEG/INT/ADV	<b>11 AM</b> WHITE BELT	<b>11 AM</b> ALL RANKS
					<b>12 PM</b> KICKBOXING
INTRODUCTION AND PRIVATE LESSONS ARE CONDUCTED THROUGHOUT THE WEEK BY APPOINTMENT.					
WE OFFER GREAT KARATE BIRTHDAY PARTIES. WE TAKE CARE OF EVERYTHING!					
<b>4 PM</b> WHITE BELT				<b>4 PM</b> WHITE BELT	
<b>5 PM</b> BEG/INT		<b>5 PM</b> ALL RANKS		<b>5 PM</b> BEG/INT	
<b>6 PM</b> ADVANCED CORE CONDITIONING	<b>6 PM</b> WHITE BELT	<b>6 PM</b> CORE CONDITIONING	<b>6 PM</b> WHITE BELT	<b>6 PM</b> ADVANCED	
<b>7 PM</b> WHITE BELT BEG/INT/ADV	<b>7 PM</b> BEG/INT KICKBOXING	<b>7 PM</b> BLACK BELT	<b>7 PM</b> BEG/INT KICKBOXING	<b>7 PM</b> WHITE BELT BEG/INT/ADV	
	<b>8 PM</b> ADVANCED	<b>8 PM</b> KICKBOXING GRAPPLING	<b>8 PM</b> ADVANCED		

BEG/INT = GOLD-BLUE BELTS. ADVANCED = GREEN-BLACK BELTS. ALL CLASSES ARE 1 HOUR.  
 CANCELLING SCHEDULED CLASSES WHEN UNABLE TO ATTEND SHOWS COURTESY. EXTRA & MAKE-UP CLASSES BY APPOINTMENT ONLY.

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