



Westside Studio Class Schedule March 2010

www.smakarate.com

465 East Blackstock Rd. - 864.576.8273

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LITTLE NINJAS						
Ages 4 to 5		3:45 to 4:30		3:45 to 4:30		
Ages 4 to 5		5:30 to 6:15		5:30 to 6:15		
MIGHTY DRAGONS						
Ages 6-7	3:45 to 4:30		3:45 to 4:30			
Ages 6-7	4:30 to 5:15	6:15 to 7:00	4:30 to 5:15	6:15 to 7:00		
Ages 6-7 Yellow/Orange		4:30 to 5:15		4:30 to 5:15		
AMERICAN KARATE						
Ages 8-9 White/Yellow/Orange	3:45 to 4:30	6:00 to 6:45	3:45 to 4:30	6:00 to 6:45		
Ages 10-13 White/Yellow/Orange		3:45 to 4:30 6:00 to 6:45		3:45 to 4:30 6:00 to 6:45		
Ages 8-9 Blue/Green/Purple	4:30 to 5:15	6:45 to 7:30	4:30 to 5:15	6:45 to 7:30		
Ages 10-13 Blue/Green/Purple	5:15 to 6:00	6:45 to 7:30	5:15 to 6:00	6:45 to 7:30		
Ages 8-13 Red/Brown/Adv. Brown	6:00 to 6:45	4:30 to 5:15	6:00 to 6:45	4:30 to 5:15		
Ages 8- Teen Black Belts	6:45 to 7:30	5:15 to 6:00	6:45 to 7:30	5:15 to 6:00		
Teens Ages 13-17 (All Belts)		7:30 to 8:30		7:30 to 8:30		
Adults 18+ All Belts		7:30 to 8:30		7:30 to 8:30		
FITNESS KICKBOXING						
Adults and Teens (13-up)	6:00 to 7:00		6:00 to 7:00			9:30 to 10:30
BRAZILIAN JIU-JITSU						
Teens and Adults: Beginners	6:30 to 7:30	6:30 to 7:30	6:30 to 7:30	6:30 to 7:30		
Teens and Adults: All Levels	7:30 to 8:30	7:30 to 8:30	7:30 to 8:30	7:30 to 8:30		TBA
Muay Thai Kickboxing						
Ages 16 to Adult	7:30 to 8:30		7:30 to 8:30			10:30 to 12:00
BLACK BELT CLUB Classes						
Sword					4:00 to 4:30	
Bo Staff					4:30 to 5:00	
Sparring					5:15 to 6:00	
XTREME MARTIAL ARTS						
All Color Belts 8-12					6:00 to 7:00	
WOMEN'S SELF DEFENSE	6:00 to 7:00		6:00 to 7:00			