



KANTHAK KARATE Family Martial Arts and Safety Training Center

16505 SE 1st Street, Suite I, Vancouver, WA 98684, (360) 260-5115 www.KANTHAKKARATE.com



Class Schedule

M/W Classes

4:00 - 4:30	Jr. Gold Belts
4:35 - 5:20	Gold Belts & Up
5:25 - 5:55	White, Jr. Gold, & Gold Belts Beginners (30-min: 4, 5 & 6 Years)
6:00 - 6:45	White, Gold, & Orange Belts Beginners (45-min: 1 st Grade & Up)
6:50 - 7:35	Orange Belts & Up
7:40 - 8:25	Younger Advanced Students
7:40 - 9:00	Older Advanced Students

T/Th Classes

3:35 - 4:05	White, Jr. Gold, & Gold Belts Beginners (30-min: 4, 5 & 6 Years)
4:10 - 4:55	White, Gold, & Orange Belts Beginners (45-min: 1 st Grade & Up)
5:00 - 5:30	Jr. Gold, Gold & Jr. Orange (Younger)
5:35 - 6:20	Gold Belts & Up
6:25 - 7:10	Orange Belts & Up
7:15 - 8:00	Adult * <i>Special Permission</i>

Make-Ups: If you miss a class you may make it up by attending an equivalent or lower level class: ie a regular M/W student can attend a T/Th class as a make up. Occasional Bonus classes are offered on Fridays that may be used for make ups.

Special Classes: Special Friday and Saturday classes may be offered. Some, such as Bonus and Buddy (bring a friend classes) are offered at no extra charge. Others, such as HIT (High Intensity Training) classes, have an associated fee. All Friday and Saturday classes require you to sign up in advance. If there are not enough students signed up the class will not be held.



KANTHAK KARATE Family Martial Arts and Safety Training Center

16505 SE 1st Street, Suite I, Vancouver, WA 98684, (360) 260-5115 www.KANTHAKKARATE.com



Class Schedule

M/W Classes

4:00 - 4:30	Jr. Gold Belts
4:35 - 5:20	Gold Belts & Up
5:25 - 5:55	White, Jr. Gold, & Gold Belts Beginners (30-min: 4, 5 & 6 Years)
6:00 - 6:45	White, Gold, & Orange Belts Beginners (45-min: 1 st Grade & Up)
6:50 - 7:35	Orange Belts & Up
7:40 - 8:25	Younger Advanced Students
7:40 - 9:00	Older Advanced Students

T/Th Classes

3:35 - 4:05	White, Jr. Gold, & Gold Belts Beginners (30-min: 4, 5 & 6 Years)
4:10 - 4:55	White, Gold, & Orange Belts Beginners (45-min: 1 st Grade & Up)
5:00 - 5:30	Jr. Gold, Gold & Jr. Orange (Younger)
5:35 - 6:20	Gold Belts & Up
6:25 - 7:10	Orange Belts & Up
7:15 - 8:00	Adult * <i>Special Permission</i>

Make-Ups: If you miss a class you may make it up by attending an equivalent or lower level class: ie a regular M/W student can attend a T/Th class as a make up. Occasional Bonus classes are offered on Fridays that may be used for make ups.

Special Classes: Special Friday and Saturday classes may be offered. Some, such as Bonus and Buddy (bring a friend classes) are offered at no extra charge. Others, such as HIT (High Intensity Training) classes, have an associated fee. All Friday and Saturday classes require you to sign up in advance. If there are not enough students signed up the class will not be held.