



# MIND - BODY - SPIRIT

## 2022 Class Schedule

Remember to Register for Classes in advance using your Acuity Scheduling Client App!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Little Dragons</b> Ages 4 to 6	5:15 to 6:00	4:00 to 4:45	5:15 to 6:00	4:00 to 4:45	4:00 to 4:45	SATURDAYS RESERVED FOR  Rank Promotion Testing's -- Seminars -- Special Events -- KARATE DEMO'S
<b>Tigers</b> Ages 7 to 12	4:00 to 5:00 Tigers Only	5:00 to 6:00 Tigers w/Family Class	4:00 to 5:00 Tigers Only	5:00 to 6:00 Tigers w/Family Class	5:00 to 6:00 Tigers w/Family Class	
<b>Family Class</b> Tigers-Adults Train Together	6:15 to 7:15 Tigers Teens Adults	5:00 to 6:00 Tigers Teens Adults	6:15 to 7:15 Tigers Teens Adults	5:00 to 6:00 Tigers Teens Adults	5:00 to 6:00 Tigers Teens Adults	
<b>Black Belt Club</b>				<b>BBC</b> 6:15 - 7:15		
<b>Black Belt Class</b>		<b>Black Belts</b> 6:15 - 7:15				
<b>Demo Team</b>	<b>Demo Team Classes Scheduled as Needed</b>					

- **Little Dragons Class:** For Students 4 to 6 years old (45 minute class)
- **Tigers Class:** For Students 7 to 12 years old (1 hour class)
- **Family Class:** Offered so All Tigers, Teens, Adults & Families may Train Together (1 hour class)
- **Black Belt Club (BBC) Class:** For Students enrolled in our "Black Belt Club Program" (1 hour class)
- **Demo Team Class:** For Students enrolled in our "Demo Team Program" (1 hour class)
- **Black Belt Class:** For Students that have achieved the rank of Black Belt (1 hour class)

706-991-9925 / EMAIL: MrRay@SaltamacchioKarate.com / Website: www.SaltamacchioKarate.com