



**CONNECTICUT
BUDO KARATE**
Be Strong. Belong.

401 Monroe Turnpike
Monroe, CT 06468
203-844-0615
www.usabudo.com

	Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM					
5:00 PM			4:30 PM Little Dragons	4:30 PM Little Dragons	
6:00 PM	5:15 PM Young Lions	5:15 PM Young Lions	5:15 PM Little Dragons	5:15 PM Young Lions	
7:00 PM	6:00 PM Juniors		6:00 PM Juniors		6:00 PM Juniors
8:00 PM	7:15 PM Adults Fighting	6:30 PM Adults and Juniors (All Ranks)	7:15 PM Kata Class (Adults and Juniors)	6:30 PM Women's Kickboxing	7:15 PM Fighting Class *
9:00 PM		7:30 PM Adults (Advanced)		7:30 PM Adults (Advanced)	

	Saturday
9:00 AM	
10:00 AM	9:15 AM Young Lions
11:00 AM	10:15 AM Adults and Juniors (All Ranks)
NOON	

- Little Dragons (Ages 3-5)
- Young Lions (Ages 5-8)
- Juniors (Ages 8-14)
- Adults (Ages 15+)
- Mixed Ages

* Schedule may change without notice

* Fighting class is for Adults and for Juniors with prior permission