



# Family Karate

12798 Rancho Penasquitos Blvd, San Diego, CA 92129

(858) 484-4747

[www.FamilyKaratePQ.com](http://www.FamilyKaratePQ.com)

## BEGINNER CLASSES

	MON	TUE	WED	THU	FRI	SAT
Children – White – Yellow	4:00 pm		4:00 pm		4:00 pm	9:00 am
Children – White – Yellow	6:15 pm		6:15 pm		4:00 pm	9:00 am
Family – All Belts		7:00 pm		7:00 pm		9:00 am
Teens/Adults – All Belts	7:00 pm	9:15 am	7:00 pm	9:15 am		

## YOUTH INTERMEDIATE CLASSES

	MON	TUE	WED	THU	FRI	SAT
Gold - Purple	4:45 pm	4:00 pm	4:45 pm	4:00 pm	4:45 pm	9:00 am
Blue - Red		4:45 pm		4:45 pm	4:45 pm	9:00 am
Gold - Red		6:15 pm		6:15 pm	4:45 pm	9:00 am

## FAMILY CLASSES

	MON	TUE	WED	THU	FRI	SAT
White - Yellow		7:00 pm		7:00 pm	4:00 pm	9:00 am
Gold - Red		7:00 pm		7:00 pm	4:45 pm	9:00 am

## TEENS/ADULTS CLASSES

	MON	TUE	WED	THU	FRI	SAT
White - Purple	7:00 pm	9:15 am	7:00 pm	9:15 am		
Blue - Black		9:15 am		9:15 am		
Blue - Black		7:45 pm		7:45 pm		
All Belts (Groundwork)			8:00 pm			

## ADVANCED CLASSES

	MON	TUE	WED	THU	FRI	SAT
Junior Black Belt	5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm	
Adult Black Belt		9:15 am		9:15 am		
Adult Black Belt		7:45 pm		7:45 pm		

## SPECIAL NEEDS CLASSES

	MON	TUE	WED	THU	FRI	SAT
Special Needs						10:00 am

## JIU JITSU CLASSES

	MON	TUE	WED	THU	FRI	SAT
All Ranks – Age 14+	8:00pm		8:00pm			