

Cayuga Lake Seido Karate Winter/Spring 2019 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:15-10:00AM PeeWees/Juniors (ages 4-9) White-Adv. Orange Belts
			5:15-6:00PM PeeWees/Juniors (ages 4-9) White-Adv. Orange Belts		10:00-10:45AM PeeWees/Juniors (ages 4-9) Blue Belts and Higher
5:30-6:15PM PeeWees/Juniors (ages 4-9) All Belts	5:30-6:15PM PeeWees/Juniors (ages 4-9) All Belts		5:45-6:30PM PeeWees/Juniors (ages 4-9) Blue Belts and Higher		10:45-11:30AM Youth (ages 10-13) All Belts
6:15-7:00PM Youth (ages 10-13) All Belts	6:15-7:00PM Juniors/Youth (ages 6-13) Blue-Black Belts 1st and 3rd: Endurance 2nd and 4th: Kumite	6:15-7:00PM Adults White-Yellow Belts	6:30-7:15PM Youth (ages 10-13) All Belts		11:30-12:15 Adults All Belts
7:00-7:45PM Adults (ages 14+) All Belts	7:00-8:00PM Adults (ages 14+) All Belts	7:00-7:45PM Adults Adv. Yellow and above	7:00-7:45PM Adults (ages 14+) All Belts		
7:45-8:30PM 1st and 3rd: Kata 2nd and 4th: Meditation		7:45-8:30PM Black Belts	7:45-8:30PM 1st and 3rd: Endurance 2nd and 4th: Kumite		

Monday-Thursday Rotating Class Schedule (Check the current calendar for specific dates)

Endurance (All Adults, plus Brown and Black Belt Youth)

Kata (Youth and Adults, Adv. White and above)

Kumite/Pre-Kumite Skills (Adults Adv. White and above, plus Brown & Black Belt Youth); must be Green or above and have proper safety equipment to spar

Meditation (Youth and Adults All belts)