

## Cayuga Lake Seido Karate Class Schedule Winter/Spring 2020

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	
Main Floor	2nd Floor	Main Floor	2nd Floor	Main Floor	2nd Floor	Main Floor	2nd Floor		Main Floor	2nd Floor
		4:00-4:45PM Juniors/Youth (ages 7-13) All Belts				4:00-4:45PM Juniors/Youth (ages 7-13) Blue Belts and Above			9:15-10:00AM PeeWees/ Juniors (ages 4-9) White-Adv. Orange	
5:30-6:15PM PeeWees/ Juniors (ages 4-9) Blue Belts and Above	5:30-6:15PM PeeWees/ Juniors (ages 4-9) White-Adv. Orange	5:30-6:15PM PeeWees/ Juniors (ages 4-9) Blue Belts and Above	5:30-6:15PM PeeWees/ Juniors (ages 4-9) White-Adv. Orange			5:30-6:15PM PeeWees/ Juniors (ages 4-9) White-Adv. Orange	5:30-6:15PM PeeWees/ Juniors (ages 4-9) Blue Belts and Above		10:00-10:45AM PeeWees/ Juniors (ages 4-9) Blue Belts and Above	
6:15-7:00PM Adult Advanced Yellow and Above	6:15-7:00PM Youth (ages 10-13) All Belts	6:15-7:00PM Junior/Youth Kumite and Endurance (ages 7-13) Blue Belts and Above	6:15-7:00PM Stretch, Balance, and Flexibility	6:15-7:00PM Adult All Belts	6:15-7:00PM Youth (ages 10-13) All Belts	6:15-7:00PM Youth Kata (ages 10-13) Blue Belts and Above	6:15-7:00PM Adult Leadership Team		10:45-11:30AM Youth (ages 10-13) All Belts	10:45-11:30AM Adults All Belts
7:00-7:45PM Adult All Belts	7:00-7:45PM Advanced Youth (ages 10-13) Green Belts and Above	7:15-8:00PM Adult All Belts		7:00-7:45PM Advanced Kata Green Belts and Above		7:00-7:45PM Youth (ages 10-13) All Belts	7:00-7:45PM Adult All Belts		11:30-12:15PM Adult Kumite Strategy	11:30-12:15PM Youth Leadership Team
7:45-8:30PM Adult Kata Advanced White and Above <b>1st and 3rd Mondays</b>	7:45-8:30PM Meditation All Belts <b>2nd and 4th Mondays</b>			7:45-8:30PM Black Belts		7:45-8:30PM Adult Kumite and Endurance				