

## Cayuga Lake Seido Karate Class Schedule Fall 2023

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	Main Floor	2nd Floor
4:30-5:15PM PeeWees/Juniors (ages 4-9) All Belts		4:30-5:15PM PeeWees (ages 4-6) All Belts								9:30-10:15AM PeeWees/ Juniors (ages 4-9) White-Blue Belts	9:30-10:15AM PeeWees/ Juniors (ages 4-9) Adv. Blue Belts and Above
5:30-6:15PM Juniors (ages 7-9) All Belts		5:30-6:15PM PeeWees/ Juniors (ages 4-9) White-Blue Belts	5:30-6:15PM PeeWees/ Juniors (ages 4-9) Adv. Blue Belts and Above	5:30-6:15PM PeeWees/Juniors (ages 4-9) All Belts		5:30-6:15PM PeeWees/ Juniors (ages 4-9) White-Blue Belts	5:30-6:15PM PeeWees/ Juniors (ages 4-9) Adv. Blue Belts and Above			10:45-11:30AM Adult All Belts	10:30-11:15AM PW/Junior/Youth (ages 4-15) Yellow Belts and Above Kumite Skills
6:30-7:15PM Adult All Belts	6:30-7:15pm Youth All Belts	6:30-7:15PM Youth/Teen Endurance (ages 7- 19)	6:30-7:15PM Adult All Belts	6:15-7:00PM Adult All Belts	6:15-7:00PM Youth (ages 10-15) All Belts	6:30-7:15PM Adult Green Belts and Above	6:30-7:15PM Youth (ages 10-13) All Belts			11:45-12:30PM Adult Kumite Strategy	11:30-12:15PM Youth (ages 10-15) All Belts
7:30-8:15pm Teens/TNT Alternating Weeks	7:30-8:15PM Meditation All Belts	7:30-8:15PM Youth/Teen (ages 10-19) Brown Belts and Above	7:30-8:15PM Adult Open Floor	7:00-7:45PM Adult Kata Advanced White Belts and Above		7:30-8:15PM Adult Green Belts and Above Kumite	7:30-8:15PM Adult White-Adv. Yellow Belts				
				7:45-8:30PM Black Belts							