

FORTE'S AMERICAN KARATE

1011 MEADOWLANDS DRIVE WHITE BEAR LAKE, MN 55127

EFFECTIVE : SEPTEMBER 5, 2017

651-653-5725

KIDS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE	6:00	5:00		5:30		11:30
GOLD	5:30		6:00	5:00	5:30	12:00
GREEN	5:30	4:30	6:00	5:00		12:00
PURPLE		4:30	7:00	4:30	6:00	12:00
BLUE	4:30	5:30	6:30		7:00	12:30
RED	4:30	5:30	5:00		6:30	12:30
SPARRING		6:00				

ALL BROWN BELTS	8:00		7:30	6:30	4:15	
1ST DEGREE BLACK	6:30		7:30	8:00	4:15	
2ND DEGREE BLACK	6:30		7:30	8:00	4:15	
SUPERKIDS	5:00		5:30		5:00	11:00
COMPETITION TEAM		6:45				9:30
MASTERS CLASS			4:15			10:15

ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WHITE	8:45			6:00		1:45
GOLD		7:30	8:15	7:15		1:00
GREEN		7:30	8:15	7:15		1:00
PURPLE		7:30	8:15	7:15		1:00
BLUE	7:15		7:30	6:30	4:15	
RED	7:15		7:30	6:30	4:15	
SPARRING		8:15			7:30	

****MEGA TEAM PRACTICE WILL BE HELD EVERY SATURDAY AT 9:30 AM****

WWW.FORTESAMERICANKARATE.COM

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