

FORTE'S AMERICAN KARATE

1011 MEADOWLANDS DRIVE WHITE BEAR LAKE, MN 55127

EFFECTIVE : JANUARY 2, 2018

651-653-5725

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

ALL BROWN BELTS	6:30		7:00	7:15	4:15	
1ST DEGREE BLACK	7:15		7:00	8:00	4:15	
2ND DEGREE BLACK	7:15		7:00	8:00	4:15	
SUPERKIDS		4:30	5:30		5:00	11:30
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	7:45	6:30		1:00
GREEN		7:30	7:45	6:30		1:00
PURPLE		7:30	7:45	6:30		1:00
BLUE	8:00		7:00	7:15	4:15	
RED	8:00		7:00	7:15	4:15	
SPARRING		8:15			7:30	

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

WWW.FORTESAMERICANKARATE.COM

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