



Triangle's Best Karate, 9113 Leesville Road, Suite 104, Raleigh, NC 27613
 (Pinecrest Point Shopping Center, next to Great Clips, facing Leesville Road)
 919-844-5555, Shihan Stephen Robinson
www.TrianglesBestKarate.com

SCHEDULE Jan 30-Jul 1, 2017	
Planned Dojo Closings	
18-Mar 1-Apr	Apr 14-15-16 20-May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:20 Personal Training (Steve)	5:30-6:20 Personal Training (Steve)	5:30-6:20 Personal Training (Steve)	5:30-6:20 Personal Training (Steve)	5:30-6:20 Personal Training (Steve)		
6:30-7:30 Small Group Personal Training (Steve)	6:30-7:30 Small Group Personal Training (Steve)	6:30-7:30 Small Group Personal Training (Steve)	6:30-7:30 Small Group Personal Training (Steve)	6:30-7:30 Small Group Personal Training (Steve)		
					8:00-10:00 Competition Team (O) Kumite & Conditioning Ages 13 & up	
					10:15-11:00 Youth Karate (P) All Ranks	
					11:00-12:00 Boxing HIIT (O)	
						3:00-4:00 Competition Team Weapons Class (R) Sensei Dave Henshall
4:45 - 5:30 Jr Olympian Karate (A) Ages 4-6 Sensei Yu		4:45 - 5:30 Jr. Olympian or Special Needs Karate (H)				4:30-5:30 Women's Self Defense Must call to pre- register
5:30 - 6:20 Youth Karate (B) Sensei Yu	5:30-6:20 Novice, Intermed Kata (E) Sensei Dave Reif	5:30 - 6:20 Youth Karate (I) Sensei Yu	5:30-6:30 Competition Team (L) Kumite & Conditioning Ages 12 & below	5:30-7:15 Competition Team (N) Kata, All Ranks All Ages		
		6:30-7:20 Teen & Adult Karate				
6:30-7:25 Brown Belt Basics (C) Sensei Yu/Shihan	6:30-7:25 Brown Belt Kata (F) Sensei Craig	6:30-7:20 Teen & Adult Karate, non-Black Belt (J)	6:45 BrightTree Yoga (M)			
7:30-8:30 Karate Adults (D) Shihan	7:30-8:30 Black Belt Kata (G) Shihan	7:30-8:20 Warrior Workout (K)				