

WEST BOCA KARATE Parkland

7363 N.State Rd. 7, FL 33073

If you are not attending class, YOU must call us at 954-755-3898 or in Boca 561-482-9049

All classes for Children and Y. Adults are 45 minutes January 25, 2009

DAYS	CHILDREN <i>Ages 5 – 8½</i>	Y. ADULT <i>Ages 9 – 12½</i>	ADULT <i>Ages 13 & Above</i>
MONDAY	5:15pm-All	4:00pm-All Belts 5:15pm-All	6:15pm-Cardio Kick Boxing 6:45pm-8:00pm Cardio & Karate
Tuesday	5:15pm-All	4:30pm-All	6:30pm-Cardio Kick Boxing 7:30pm-9:45pm Cardio & Karate
WEDNESDAY	Private Lessons, Karate Private Lessons, Pilates and Yoga, Chivan 561-703-1587	Private Lessons, Karate Private Lessons, Pilates and Yoga, Chivan 561-703-1587	Private Lessons For Karate 6:30pm 1hr Pilates Class, Chivan 7:30pm 1hr Yoga Class, Chivan
THURSDAY	4:00pm-All 7:00pm-All	5:15pm-All 7:00pm-All	8:30am 1hr Yoga Class, Chivan 9:30 am 1hr Pilates Class, Chivan 6:15pm-Strength Building & Karate 7:00pm-All Karate
FRIDAY	3:00pm-Preschool ages 3-4 ½ 6:30pm-All	4:00pm-All 6:30-All	11:30am 1hr Pilates, Chivan 12:30pm 1hr Yoga, Chivan 6:30pm Strength Building, Karate 7:15 pm-Cardio & Karate
SATURDAY	11:30- PRESCHOOL 12:30am-All	10am-All 12:30pm-All	9:30am -Sparring 10am-All, Karate 12:30pm Strength Building Karate

Strength Building Classes and done with bands order through the studio only.

West Boca Karate Boca Raton

Boca Raton Schedule 11435 A Palmetto Park Rd 33428 Phone-(561) 482-9049 Fax 482-1896

MONDAY	4:00pm-W/O/G 5:50pm to 6:10pm-Sparring 6:15pm-W/O 6:15pm-G/R	5:00pm—All Belts 7:00 to 7:20-Sparring 7:00 to 7:45-Jr. Black Belts	7:30pm Cardio Defense/KickBoxing <i>7:30pm-All Belts</i> 7:00 to 7:45pm-Jr. Black Belts 7:30 to 8:45pm-Sr. Black Belts
TUESDAY ***	Private Karate Lessons With Master Tramontano \$80 45-min	Private Karate Lessons With Master Tramontano \$80 45-min	Private Karate Lessons With Master Tramontano \$80 45-min
WEDNESDAY	4:00pm-W/O 4:50 to 5:10pm-Sparring 6:15pm-All Belts 7:00 pm All Belts	5:15pm-All Belts *7:00 pm All Belts	<i>7:45pm Cardio Defense/KickBoxing</i> 7:45pm Sr.-Black Belt Only (1st, 2nd & 3rd Dans) 7:45pm-All Belts
THURSDAY	5:00pm-W/O 5:45pm-BBC Members Only- Weapon/Breaking Sword, Sai, Nunchaku & Escrima Only 6:30pm-G/R	4:00pm-W/O 4:00pm-G/R 5:45pm-BBC Sword, Sai, Nunchaku & Escrima Only 6:35pm – 6:55pm-Sparring 7:00 to 7:45pm-Jr. Black Belts	7:45pm Cardio Defense/KickBoxing 7:45pm-All Belts 7:15 to 7:45pm- Black Belt Club Bo, Escrima, Sword, Sai, Nunchaku & Bow & Arrow 8:45pm-Sparring
FRIDAY	4:00pm PRESCHOOL 5:00pm-W/O 5:00pm-G/R 5:45 to 6:10 - Combo Clinic 6:15pm-BBC Bow & Arrow & Bo Only Archery Classes Open to Public Your Bow or Ours Four Classes \$60 Eight \$110 y	5:45 to 6:10 - Combo Clinic 6:15pm-BBC Bow & Arrow & Bo Only Archery Classes Open to Public Your Bow or Ours Four Classes \$60 Eight \$110 7:15-All Belts 7:15 Jr. Black Belts	5:45 to 6:10 - Combo Clinic 6:15pm-BBC Bow & Arrow & Bo Only Archery Classes Open to Public Your Bow or Ours Four Classes \$60 Eight \$110 7:15 - 8:00pm-All Belts
SATURDAY	9:00am Form Clinic 10:15- PRESCHOOL 11:00am to 11:45am-All Belts	9:00am Form Clinic 11:45 to 12:30pm-All Belts 12:30 to 1pm Sparring-All Belts	9:00am Form Clinic 11:45 to 12:30pm-All Belts 12:30 to 1pm Sparring-All Belts

Since 1986