

Kenzen Sports Karate

July/August 2021 Weekly Lessons!

1. BC ReStart Step 3; ViaSport's Return to Sport
2. Juniors 3:30pm classes paused in July/August, restart in September

Club office phone/text 250-857-5907
 contact@kenzensportskarate.com
 www.kenzensportskarate.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30-4:30pm	3:30pm classes paused for July & August, restarting in September					Teens & Adults 8:30-9:30am
4:45-5:30PM	Samurai 4:45-5:30pm	Samurai 4:45-5:30pm	Samurai 4:45-5:30pm	Samurai 4:45-5:30pm	Samurai 4:45-5:30pm	Sports Karate 9:30-10:20am
5:10-6:10 PM	Juniors White-Yellow 5:10-6:10pm	Juniors Orange-Black 5:10-6:10pm	Juniors White-Yellow 5:10-6:10pm	Juniors Orange-Black 5:10-6:10pm	Juniors White-Yellow 5:10-6:10pm	Juniors All belt ranks 10:30-11:30am
6:20-7:20 PM	Juniors Orange - Black 6:20-7:20pm	Juniors White - Yellow 6:20-7:20pm	Juniors Orange - Black 6:20-7:20pm	Juniors White - Yellow 6:20-7:20pm		Samurai Kids 11:45am-12:30pm
7:30 PM	Teens & Adults 7:30-9pm		Teens & Adults 7:30-9pm	Sports Karate 7:30-8:30pm		
Programs	"Samurai Kids" Ages 4 - 6 (1x week)	"Kenzen Juniors" White - Yellow Ages 7 - 12 (2-3x week)	"Kenzen Juniors" Orange - Black Ages 7 - 12 (2-3x week)	"Teen & Adult" 13 and up (3x week)	"After School Karate" Grades 1 - 8, Sep-Jun (4x week)	
Extras	"Sports Karate" Juniors, Teen, Adults Add to class count or add-on	"Brown/Black Belt Club" free practice last Friday each month	"Team Kenzen" Catch-all club team name students from different programs competing at various tournaments	"Kata Team" Elite training for BC Team		