

TSR Karate Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-12pm						Tournament class
1pm-2pm			Shift workers & 60+		Shift workers & 60+	
4pm-5pm	Beginners		Intermediate		Beginners	
5pm-6pm	Advanced	Advanced		Advanced	Advanced	
6pm-7pm	Intermediate	Intermediate	Intermediate	*Meditation	Intermediate	
7pm-8pm		Black & Brown	Black & Brown			

Beginners: 10th, 9th and 8th kyu

Intermediate: 8th to 3rd kyu

Advanced: 3rd kyu to Shodan

Black & Brown: From 3rd Kyu and up

Tournament class: Competition team