

Bowie Studio

Age Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pee-Wee (4-6)	5:30-6:00	5:30-6:00	5:30-6:00	5:30-6:00		10:30-11:00
Beginner White/Yellow Youth(7-12)	6:30-7:15		4:45-5:30	4:45-5:30	5:30-6:15	11:00-11:45
Green/Blue Youth	7:15-8:00	6:30-7:15	6:45-7:30	6:00-7:00	6:15-7:00	11:45-12:30
*Cage Fitness (13 and up)	6:00-6:30		6:00-6:30			8:30-9:00 AM
Brown Youth	7:15-8:00	7:15-8:00	6:45-7:30	6:00-7:00	7:00-7:45	11:45-12:30
Black Belt Youth	7:15-8:00		6:45-7:30	6:00-7:00	7:00-7:45	11:45-12:30
Parent/Child		6:30-7:15 Green and Blue				
Weapons/ Sparring		6:00-6:30 Weapons/ Specialty				
All Adults	8:00-8:45	7:15-8:00 Brown Belts &Up	7:30-8:15	7:00-8:00		12:30-1:15
*Brazilian Jiu-Jitsu (BJJ)				8:00-9:00		3:30-5:00

Classes in Bold are for Unlimited only.

*Separate fee for BJJ and Cage Fitness.

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KIK Web Site
www.klotzkarate.com