



Juneau Karate Academy

www.juneaukarate.com

907-723-8316

Summer Classes 2018

8800 Glacier Highway

@ the Jordan Creek Center

(Starts May 1)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		LifeStrong Class* 6:15-7:00am 12:15-12:45				LifeStrong Class* 6:15-7:00am 12:15-12:45					
Lessons 3:30-4:30		Adult/Families 11:00-11:45		Lessons 3:30-4:30		Lessons 4:00-4:30		Youth Int 4:45-5:30		Adult Wps 9:00-9:45	Lil Drg I 9:00-9:30
Youth Beg 4:30-5:15	Kinder 4:45-5:15	Youth Int 4:30-5:15		Youth Int 5:00-5:45		Youth Beg 5:00-5:45	Kinder 5:15-5:45	Adult Sparring 5:45-6:30	Demo* 5:30-6:15	Adult Beg 10-10:45	Lil Drg II 9:45-10:15
Youth Int 5:30-6:15		Youth Beg 5:30-6:15	Kinder 5:30-6:00	Youth Beg 6:00-6:45	Youth Adv 6:00-7:00	Youth Int 6:00-6:45		Family 6:30-7:15		Adv All 11:00-12:00	Lil Drg III 10:30-11:00
Youth Adv 6:30-7:30	Adult Adv 6:30-7:30	Adult Beg 6:30-7:15	Teens 6:15-7:15	Adult Adv 7:00-8:00		Adult Beg 7:00-7:45	Adv All 7:00-8:00			Youth Wps 12:15-1:00	Youth Sparring 11:15-12:00
		Black Belts 7:30-8:30									

Program Summary

Youth Beg <i>White-Orange</i>	Youth Int <i>Red-Purple</i>	Youth Adv <i>Green +</i>	Kinders <i>Age 6</i>	Lil Dragons <i>Ages 3-5</i>	Adult Beg <i>White-blue</i>	Adult Adv <i>Purple +</i>	Family <i>All Ranks</i>	Teen <i>All Ranks Age 13 +</i>	Sparring <i>Open to all Ranks</i>	Weapons	LifeStrong*
Mon 4:30 Tues 5:30	Mon 5:30 Tues 4:30	Mon 6:30 Wed 6:00	Mon 4:45 Tues 5:30	Sat 9:00 Sat 9:45	Tues 11:00 Tues 6:30	Mon 6:30 Tues 11:00	Tues 11:00 Fri 6:30	Tues 6:15	Youth Sat 11:15	Adults Sat 9:00	Tues 6:15am Tues 12:15
Wed 6:00 Thurs 5:00	Wed 5:00 Thurs 6:00 Fri 4:45	Thurs 7:00 Sat 11:00	Thurs 5:15	Sat 10:30	Thurs 7:00 Sat 10:00	Wed 7:00 Thurs 7:00 Sat 11:00			Adults Friday 5:45	Youth Sat 12:15	Thurs 6:15am Thurs 12:15

Join our closed Facebook page!

www.facebook.com/groups/jkfamily

Preschool students:

[FB/groups/preschoolfamilies](https://www.facebook.com/groups/preschoolfamilies)

New offering for adults: **LifeStrong**

A coached stretching and mobility class

*starts 6/1