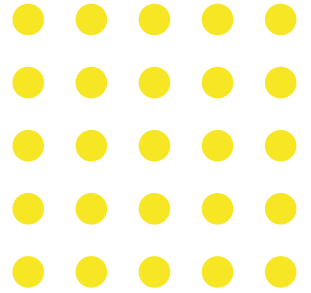


PROMAR KARATE

2025 / 26 SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Intro / Private Lesson 5:15pm	Intro / Private Lesson 5:15pm	Intros & Private Lessons 5pm-8pm	Intro / Private Lesson 5:15pm	Special Events & Workshops 5pm-8pm
Dragons (Ages 4-6) 5:15pm	Dragons (Ages 4-6) 5:15pm		White to Yellow Belt (Ages 7+) 5:45pm	
White to Yellow Belt (Younger Purple) 6:30pm	White to Yellow Belt (Younger Purple) 6:30pm		Chanbara (Padded Sword) 6:30pm	
Purple to Black Belt (Ages 7+) 7:20pm	Purple to Black Belt (Ages 7+) 7:20pm		Purple to Black Belt (Ages 7+) 7:00pm	
			Sparring* (by invitation only) 7:45pm	

Dragons (ages 4-6) begin with the Dragon Core Program which includes 1 class per week. Kids can shift into a lower age group to train together with friends or family BUT cannot raise up (i.e. a 4 year old can't go into the White-Yellow Belt class but their 7 year old sibling can move down to the Dragons class).

Age 7 is a transition year - some will do better in our Dragons' program and some in our Warriors group. The introductory lesson and student evaluation is a great way to learn which will be a better fit.

Warriors (ages 7-adult) begin with the Warrior Core Program which includes 1 class per week.

CONTACT US

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