



Action Karate

1029 Conshohocken Road, Conshohocken, PA 19428 610.834.7650

Class Schedule *Begins Tuesday Sept 7, 2010*

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
ASAH Sharks (3-4 y/o)		6:45		4:30		9:00	
NINJA Sharks (5-6 y/o)	4:15	6:15	7:15			9:30	
Basic Training Course (White, Yellow, Orange)	4:45	5:45	6:15	5:00	4:25	10:00	
Black Belt Training (White, Yellow, Orange, Ninja)			6:45	6:15			
				Sparring			
Black Belt Training (Purple, Blue, Green)	5:15	7:15	5:30	6:15	4:25	10:35	
				Sparring			
Black Belt Training (Brown, 2nd Kyu, 1st Kyu)	5:15	7:15	4:45	6:15	5:05	10:35	
				Sparring			
Masters Training (Junior Black Belts)	6:00	5:00	4:15	7:00	5:45	11:05	
				Sparring			
Adults	6:45	8:00	10 am	7:00		11:40	
			7:45				
Black Belt Overtime			8:30				
Demo Team				5:30			
YOGA (adnl. Registration)	7:30			8:00			



Birthday Parties are available on Saturday and Sunday from 1:00pm



*DREAMS LEAD YOU HERE
DREAMS WITH A DEADLINE LEAD TO A GOAL
GOALS LEAD TO SHORT RANGE OBJECTIVES
SHORT RANGE OBJECTIVES LEAD TO SELF DISCIPLINE AND DETERMINATION
SELF DISCIPLINE AND DETERMINATION LEAD TO ATTENDANCE
ATTENDANCE LEADS TO KNOWLEDGE
KNOWLEDGE LEADS TO PROGRESS
PROGRESS LEADS TO CONFIDENCE
CONFIDENCE LEADS TO YES I CAN
YES I CAN LEADS TO REALIZATION OF YOUR DREAMS
KEEP YOUR DREAMS ALIVE - TAKE ACTION*