



# Action Karate

1029 Conshohocken Rd. Conshohocken, PA 19428  
[www.actionkarateconshohocken.com](http://www.actionkarateconshohocken.com)

610-834-7650

## CLASS SCHEDULE

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
ASAH Sharks (3-4 y/o)		6:45		4:30	5:45	9:00	
NINJA Sharks (5-6 y/o)	4:30	5:30	6:45	5:10		9:40	
Basic Training Crse (White, Yel, Org)	5:15	5:30	6:00	5:45	4:30	10:15	
Black Belt Training (White, Yel, Org, Ninja)		6:00		6:15 Sparring	5:00	10:45	
Black Belt Training (Purple, Blue, Green)	4:30	6:30	5:15	6:15 Sparring	5:00	10:45	
Black Belt Training (Brown, 2nd Kyu, 1st Kyu)	5:00	7:15	6:00	6:15 Sparring	5:00	10:45	
Masters Training (Junior Black Belts)	5:45	6:00	5:15	7:00 Sparring	5:00	11:15	
Adults	6:30	7:15	10 am	7:00		11:15	
Black Belts			7:15 8:15				
Demo Team	5:45 all		6:30 Jr	6:15 Sr			
YOGA (adnl. Registratn)	7:30						