

Seido Karate classes at Sun Dragon

effective January 3, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Classes marked with * are appropriate for trial/new students Classes are 1 hour unless otherwise noted</p>					
<p>Tuition Rates (unlimited classes)</p> <p>Adults: \$115/mo \$110 credit/debit card autopay \$105 direct bankdraft</p> <p>Juniors & Youth (1st grade and up): \$100/mo \$95 credit/debit card autopay \$90 direct bankdraft</p> <p>Little Dragons (age 4 - Kinder): \$85/mo \$80 credit/debit card autopay \$75 direct bankdraft</p>					
<p>*4:00-4:30 Little Dragons</p> <p>*4:30-5:15 Juniors</p> <p>*5:30 Youth</p> <p>*6:30 Adult White Belts</p> <p>7:30-8:15 Adult Blue-Black Kata</p> <p>8:15-8:45 Adult Meditation</p>	<p>*3:45-4:30 Juniors</p> <p>*4:30 Youth</p> <p>5:30 Youth Sparring (yellow-black)</p> <p>6:30 Adult Blue-Black</p> <p>7:30 Adult Black Belts</p>	<p>*4:00-4:30 Little Dragons</p> <p>*4:30-5:15 Juniors</p> <p>*5:30 Youth</p> <p>6:30-7:30 Teen/Adult Sparring skills (blue to black belts)</p> <p>*7:30 Adults All Levels</p>	<p>*3:45-4:30 Juniors</p> <p>*4:30 Youth</p> <p>5:30 Advanced Youth (adv green-black belts)</p> <p>*6:30 Adult All Levels</p> <p>7:30 Rotating Topics (1st Thurs. Self Defense Adv.Topics)</p>	<p>*4:30 Girls 6-14</p> <p>5:30 Youth Black Belts</p>	<p>*9:30-10:00 Little Dragons</p> <p>*10:15-11:00 Juniors</p> <p>*11:00 Youth beginner (white-yellow belts)</p> <p>12:00 Youth advanced (green-black belts)</p> <p>*1:00 Adult All Levels</p> <p>2:00 Adult Sparring (green-black belts)</p>
<p>Interactive Calendar with all Updates & Events: www.sundragon.org/interactive calendar</p>					