

# Seido Karate classes at Sun Dragon

effective January 2, 2019

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><b>*9:30-10:00</b> Little Dragons</p>
<p><b>Tuition Rates (unlimited classes)</b>  <u>Adults:</u> \$115 credit/debit card autopay   \$110 direct bankdraft  <u>Youth (3rd grade - 14 years old):</u> \$100 credit/debit card autopay   \$95 direct bankdraft  <u>Juniors (Kinder - 2nd grade):</u> \$95 credit/debit card autopay   \$90 direct bankdraft  <u>Little Dragons (age 4):</u> \$80 credit/debit card autopay   \$75 direct bankdraft</p>					<p><b>*10:15-11:00</b> Juniors</p>
					<p><b>*11:00</b> Youth White - Yellow</p>
					<p><b>12:00</b> Youth Green - Black</p>
					<p><b>*1:00</b> Adult All Levels</p>
					<p><b>2:00</b> Adult Sparring (green to black belts)</p>
<p><b>*4:00-4:45</b> Juniors</p>		<p><b>*4:00-4:45</b> Juniors</p>			
<p><b>*5:00-6:00</b> Youth All Levels</p>	<p><b>*4:30</b> Youth White - Green</p>	<p><b>*5:00-6:00</b> Youth All Levels</p>	<p><b>*4:30</b> Youth White - Green</p>	<p><b>*4:30</b> Girls All Levels (6 - 14 years old)</p>	
<p><b>6:00 - 6:30</b> Adv. Youth Mat Work (green to black belts)</p>	<p><b>5:30</b> Youth Sparring (yellow to black belts)</p>	<p><b>6:00 - 6:30</b> Adv. Youth Sparring (brown and black belts)</p>	<p><b>5:30</b> Youth Green - Black</p>	<p><b>5:30</b> Youth Black Belts</p>	
<p><b>*6:30</b> Adult All Levels</p>	<p><b>*6:30</b> Adult All Levels</p>	<p><b>6:30</b> Adult Blue - Black</p>	<p><b>*6:30</b> Adult All Levels</p>	<p><b>6:30</b> Weapons (Black belts)</p>	
<p><b>7:30-8:15</b> Teen/Adult Sparring Skills (blue to black belts)</p>	<p><b>7:30</b> Adult Kata Green-Black</p>	<p><b>7:30</b> Adult Black Belts</p>	<p><b>7:30</b> Adult Green - Black</p>		
<p><b>8:15-8:45</b> Adult Meditation</p>	<p><b>Interactive Calendar with all Updates &amp; Events: <a href="http://www.sundragon.org/interactive-calendar">www.sundragon.org/interactive-calendar</a></b></p>				