Capicio Zen Karate and Kickboxing Inc.

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2021-2022 Schedule

Program Name	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Little Dragons (Ages 5-6)		6:00-6:30		6:00-6:30			
Kids Introduction (Ages 7 – 12)	6:00-6:45		6:00-6:45				
Beginner (1/2 and Full Yellow)		6:30-7:30		6:30-7:30			
Intermediate (Orange-Green)		7:30-8:30		7:30-8:30			
Advanced Trad Grp1 (Blue-Brown)	6:45-7:45						
Advanced Trad Grp 2 (Blue-Brown)	7:45-8:45						
Advanced Spar Grp1 (Blue-Brown)			6:45-7:45				
Advanced Spar Grp2 (Blue-Brown)			7:45-8:45				
Kickboxing – Less than 1 year		Kickboxing All Levels 8:30-9:30			6:45-7:45		
Kickboxing – 1 year or more					7:45-8:45		
Competition Team						10:00-12:00	
OPEN DOJO							2:00 - 4:00