



Capicio Zen Karate and Kickboxing Inc.

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2022-2023 Training Schedule

Program Name	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Little Dragons (Ages 5-6)		6:00-6:30					
Kids Intro (Ages 7-12)	6:00-7:00		6:00-7:00				
Beginner (1/2 Yellow-Full Yellow)		6:30-7:30		6:30-7:30			
Intermediate (Orange-Green)		7:30-8:30		7:30-8:30			
Advanced Grp 1 (Blue-Red))	7:00-8:00		7:00-8:00				
Advanced Grp 2 (Brown-Black)	8:00-9:00		7:00-8:00				
Kickboxing (All Ranks)					5:30-6:30		
Competition Team					6:30-8:00		2:00 - 4:00
Creative Forms – TBD							
Weapons Forms – TBD							
OPEN DOJO – TBD							