

CLASS SCHEDULE *effective JANUARY 2007*

You can also view the class schedule at www.satoriwhitehouse.com To learn more about SATORI please visit www.satoriinternational.com

| CLASS / DAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-----------------|----------------|----------------|----------------|-------------------|-----------------|
| MIGHTY MITES (Ages 5-7) | | 4:00 – 4:30pm | 3:50 – 4:20pm | | | 9:00 – 9:45am |
| MIGHTY MITES (Ages 5-7) | 4:20 – 4:50pm | 4:40 – 5:10pm | 4:20 – 4:50pm | 4:40 – 5:10pm | | 9:00 – 9:45am |
| MIGHTY MITE BLACK BELT CLUB CLASS | 3:50 – 4:20pm | | | 4:00 – 4:30pm | | |
| BASIC JUNIORS (Ages 7-13) (WHITE – GREEN) | 4:50 – 5:35pm | 5:10 – 5:55pm | 4:50 – 5:35pm | 5:10 – 5:55pm | | 10:00 – 10:45am |
| INTERMEDIATE JUNIORS (ADV GREEN – PURPLE) | 5:25 – 6:10pm | 6:00 – 6:45pm | 5:25 – 6:10pm | 6:00 – 6:45pm | | 10:00 – 10:45am |
| ADVANCED JUNIORS (ADV PURPLE – BLACK) | | 6:00 – 6:45pm | | 6:00 – 6:45pm | | 10:00 – 10:45am |
| JUNIOR BLACK BELT CLUB CLASS | 6:00 – 6:45pm | | 6:00 – 6:45pm | | | |
| TEEN KARATE (Ages 11-14) | | 6:00 – 6:45pm | | 6:00 – 6:45pm | | 11am – 12pm |
| BASIC ADULT KARATE | 7:00 – 8:00pm | 12:00 – 1:00pm | 7:00 – 8:00pm | 12:00 - 1:00pm | | 11am – 12pm |
| ADVANCED ADULT KARATE (green & above) | 7:30 – 8:30pm | 12:00 – 1:00pm | 7:30 – 8:30pm | 12:00 - 1:00pm | | 11am – 12pm |
| BASIC JIU JITSU (white, yellow, blue) | 11:45 – 12:45pm | 7:00 -8:00pm | | 7:00 -8:00pm | 12:00 – 1:00pm | 11am – 12pm |
| ADVANCED JIU JITSU (green & above) | 11:45 – 12:45pm | 7:30 – 8:30pm | | 7:30 – 8:30pm | 12:00 – 1:00pm | 11am – 12pm |
| FLEXIBLE STRENGTH YOGA | | 9:00 – 10:00am | | 9:00 – 10:00am | | |
| PILATES | 9:00 – 10:00am | | 9:00 – 10:00am | 7:30 – 8:30pm | | 7:30 – 8:30am |

➤ Class times are subject to change

CHANGES

➤ All Intermediate & Advance Students are welcome to attend prior classes

Questions – Call Us @ 419-877-9499

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