

# ICHIBAN KARATE & FITNESS

EFFECTIVE MONDAY, NOVEMBER 30th

MON   A-Day	TUES   A-Day	WED   B-Day	THUR   B-Day	FRI   A/B-DAY	SAT   A/B-Day
4pm - 4:30pm Ninjas & Dragons ZOOM	4:00pm - 4:30pm Ninjas & Dragons ZOOM	4:00pm - 4:30pm Ninjas & Dragons ZOOM	4:00pm - 4:30pm Ninjas & Dragons ZOOM		10:00-10:30am Ninjas & Dragons Obstacle Course Day ZOOM
4:30pm - 5:00pm White & Gold Belt Workshop ZOOM	4:30pm - 5:00pm Youth White - B/Green ZOOM	4:30pm - 5:00pm Youth White - B/Green ZOOM	4:30pm - 5:00pm Youth White - B/Green Drills & Kicks Focus ZOOM		10:00am-10:45am Adult all levels ZOOM
5:00pm - 5:30pm Youth Fitness & Kicks ZOOM	5:00pm-5:30pm Youth Green - Brown ZOOM	5:00-5:30pm Youth Green - Brown ZOOM	5:00pm-5:30pm Youth Green - Brown Drills & Kicks Focus ZOOM		10:30am-11:00am Youth All Levels Week Review Class ZOOM
5:30pm - 6:15pm Jr. & Teen Black Belts ZOOM		5:30pm - 6:15pm Jr. & Teen Black Belts ZOOM			11:00am-11:45am Adult all levels ZOOM
5:30pm - 6:15pm Adult all levels ZOOM		5:30pm - 6:15pm Adult all levels ZOOM			11:15am-12:00pm Jr & Teen Black Belts Karate & Fitness ZOOM
6:30pm - 7:15pm Adult all levels ZOOM					12:00pm-12:45pm Weapons ZOOM
Fitness Schedule					
HIIT & Weights <i>Pre recording up by 6am</i>	Cardio Kickboxing 5:45pm LIVE FBLIVE	Boot Camp Weights & Bodyweight 6:30pm LIVE ZOOM	Bag Fitness 5:45pm LIVE ZOOM		Cardio Kickboxing 8:15amLIVE FBLIVE
	Bag Fitness 5:45pm LIVE ZOOM				Bag Fitness 9:00am LIVE ZOOM

All inquiries : [mail@ichibankarateandfitness.com](mailto:mail@ichibankarateandfitness.com)

Wakefield, RI | [www.ichibankarateandfitness.com](http://www.ichibankarateandfitness.com)

