

Munson Karate Institute Workout schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00 AM - 8:45 AM Kickboxing
8:30 AM - 9:15 AM Kickboxing	8:30 AM - 9:15 AM Kickboxing		8:30 AM - 9:15 AM Kickboxing	8:30 AM - 9:15 AM Kickboxing	9:00 AM - 9:45 AM All Juniors Karate
	9:30 AM - 10:15 AM Jr. & Adult Karate		9:30 AM - 10:15 AM Jr. & Adult Karate		9:45 AM - 10:30 AM Jr. & Adult Karate
					10:30 AM - 11:15 AM All Adult Karate
	5:00 PM - 5:45 PM Jr. Novice Karate	5:00 PM - 5:45 PM All Juniors Karate	5:00 PM - 5:45 PM Jr. Novice Karate		
5:15 PM - 6:00 PM All Juniors Karate	5:45 PM - 6:30 PM Jr. Advanced Karate	6:00 PM - 06:45 PM Jr. & Adult Karate	5:45 PM - 6:30 PM Jr. Advanced Karate		
6:00 PM - 6:45 PM Adult Novice Karate	6:30 PM - 7:15 PM Jr. Novice Karate	6:45 PM - 7:30 PM Adult Adv. Karate	6:30 PM - 7:15 PM Jr. Novice Karate		
6:45 PM - 7:30 PM Adult Adv. Karate	7:15 PM - 8:00 PM Adult Novice Karate	7:30 PM - 8:15 PM Kickboxing	7:15 PM - 8:00 PM Adult Novice Karate		
7:30 PM - 8:15 PM Kickboxing	8:00 PM - 8:45 PM Adult Adv. Karate		8:00 PM - 8:45 PM Adult Adv. Karate		