

TRIANGLE'S
BEST KARATE

9113 Leesville Road, Suite 104
Raleigh, NC 27613
919-844-5555



PLANNED
CLOSINGS:
Mar 7, Apr 6-7,
May 5, May 28

Winter 2012
Class Schedule

Classes are defined by age & rank.
KIK = ages 4, 5, 6
Youth = ages 5-10
Teens = ages 11-15
Adults = 16 & up plus by invite

- ★ "Making up" a missed class within 7 days is encouraged. After 7 days and without prior notice of absence, we will not credit your class.
- ★ Enrollment and payment for Karate, Weapons, and Fitness classes are separate.
- ★ Beginning October, karate will be renewed in 12-weeks sessions starting Jan Apr Jul and Oct. Newcomers can start at anytime in the session, pro-rated by the week.

Classes are in the afternoon and evening unless marked A.M.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Karate Introduction for Kids ages 4, 5 & 6						10:00 AM
Karate Youth Beginners, White & Yellow Belts	4:45		4:45	4:45		10:00 AM
Karate Youth, Orange - Purple Belt, and Karate Teen Beginners	5:30	5:30	5:30			10:00 AM
Karate Teens, All Ranks	6:30	6:30				10:00 AM
Karate Kumite/Sparring Beginners: Ages 5-12				4:45		
Karate Adults All Ranks /Ages 16& up	7:30		6:30			7:30
Karate Brown belts		6:30			6:45	
Karate Black belts		7:30			6:45	
Weapons Training (by appointment)						9:00 AM
Competition Team Training (Ages <9, Beginner/Novice)		Kata training for two hours; Pick classes on Tue & Wed.		5:30	5:30	
Competition Team Training (Ages 9+, Veterans)				6:45	6:45	
Parents Meeting Time, first Monday of each month	6:30	A 30-minute, sit-down New Students and Parents Orientation.				
Fitness Classes	Offered by independent instructors in our space, because there are many fun ways to fitness!					
I'mCoreFit personal training in Suite 106	5:30-11:00 AM	5:30-11:00 AM	5:30-11:00 AM		5:30-11:00 AM	
Jazzercise in Suite 106, see jazzercise.com	6:00 - 7:00 PM		6:00-7:00 PM			8:45-9:45 AM
Moksha Yoga (brighttreeyoga.com Roxanne at 624-9805)		9:00-10:15 AM		9:00-10:15 AM		
Zumba Fitness (contact instructor Meg at 914-393-26320)						Sundays 3:00

We are on Facebook and at www.trianglesbestkarate.com . To Contact Us, call 919-844-5555 or Email trianglesbestkarate@juno.com .