



SCOTT HAYES KARATE STUDIO

12442-C Warwick Blvd.
Newport News, Va.
Phone: (757) 595-8380

CLASS SCHEDULE

*Effective
September 1, 2006*

Monday Tuesday Wednesday Thursday Friday Saturday

The important thing is not where you are, but where you want to go.				To reach your goals, you must come to class!										
5 PM Little Dragons	5 PM Open Floor	5 PM Little Dragons	5 PM Little Dragons	5 PM Weapons	9:00 AM Adults Weapons									
5:45 PM Advance Dragons	5:45 PM Beginner Dragons	5:45 PM Advance Dragons	5:45 PM Beginner Dragons	5:45 PM All Dragons	10:00 AM Open Floor									
6:30 PM Teens / Adults White - Purple	6:30 PM Teens / Adult	6:30 PM Teen / Adult Blue + up	6:30 PM Advance Brown-Black	6:30 PM Teens / Adults White - Purple	10:30 AM Little Dragons Dragons Sparring									
7:15 PM Teen / Adult Blue + up	7:15 PM Advance Brown - Black	7:15 PM Teens / Adults White - Purple	7:15 PM Adult / Teen	7:15 PM Teen / Adult Blue + up	11:30 AM Adult - Teen Sparring									
8 PM Tai Chi	8 PM WEAPONS	8 PM Iaido	8 PM Closed	8 PM Closed										
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <table> <tr> <td>Little Dragons</td> <td>5-7 years</td> <td>45 Minute Class</td> </tr> <tr> <td>Dragons</td> <td>8-12 years</td> <td>45 Minute Class</td> </tr> <tr> <td>Teens / Adults</td> <td>13 and up</td> <td>45 Minute Class</td> </tr> </table> </div>					Little Dragons	5-7 years	45 Minute Class	Dragons	8-12 years	45 Minute Class	Teens / Adults	13 and up	45 Minute Class	<p>Make Black Belt One of Your Goals</p>
					Little Dragons	5-7 years	45 Minute Class							
					Dragons	8-12 years	45 Minute Class							
Teens / Adults	13 and up	45 Minute Class												

A COMMITMENT TO TEACHING
A COMMITMENT TO SERVICE