



CAISSIE KARATE

The Spirit of Black Belt Excellence

485 Silvercreek Pkwy.
Guelph, ON
519-763-4401
www.caissiekarate.com

Class Schedule

Monday Kata	Tuesday Kata	Wednesday Self Defense and Sparring	Thursday Self Defense and Sparring	Friday Weeks 1 and 3 - Kata Weeks 2 and 4 - S.D. Spar	Saturday Weeks 1 and 3 - S.D Weeks 2 and 4 - Kata	Sunday
4:45pm - 5:30pm Orange to Blue	4:45pm - 5:30pm White and Yellow	4:45pm - 5:30pm Orange to Blue	4:45pm - 5:30pm White and Yellow	4:45pm - 5:30pm Orange to Blue	9:00am - 9:45am White and up	Private Lessons Available - Ask for details!
5:30pm - 6:15pm White and Yellow	5:30pm - 6:15pm Orange to Blue	5:30pm - 6:15pm White and Yellow	5:30pm - 6:15pm Orange to Blue	5:30pm - 6:15pm White and Yellow	9:45am - 10:45am Adults	
6:15pm - 7:45pm Adults	6:15pm - 8:15pm Brown and Black	6:15pm - 7:45pm Adults	6:15pm - 8:15pm Brown and Black	6:15pm - 7:45pm Adults		
7:45pm - 9:15pm Grappling		7:45pm - 9:15pm Eskrima Class				

* The last Thursday of every month is grading. No regular Karate classes.

Dojo 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45pm - 6:15pm Yellow/Orange Tiny Tots	5:45pm - 6:15pm Beginner Tiny Tots	5:45pm - 6:15pm White/Yellow Tiny Tots			
	6:15pm - 6:45pm Beginner Tiny Tots	6:15pm - 6:45pm White/Yellow Tiny Tots	6:15pm - 6:45pm Orange/Green Tiny Tots			
			5:45pm - 6:15pm Green/Blue Blue/Brown Tiny Tots			