



AmeriKick Karate Studios * Langhorne, Pa 19047

*Phone: 215 - 757-5717

Website www.Amerikicklanghorne.com

Effective June 21, 2010

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers 3 yr - 4 yr	10:30 - 11:00 a.m.	4:15 - 4:45				10:00 - 10:30 am
Level I Little Dragons 5 yr - 7 yr	4:00- 4:30	10:00 - 10:30 5:30 - 6:00	4:00 - 4:30	10:00 - 10:30 5:30 - 6:00		10:30 - 11:00 am
Level II Dragons (by invitation) 6 yr. - 7 yr.	5:15 - 5:45	10:30 - 11:15	5:15 - 5:45	10:30 - 11:15	4:15 - 4:45	
Beginner - White Yellow Orange 7 yr - 12 yr	4:30 - 5:15	10:30 - 11:15 6:00 - 6:45	4:30 - 5:15	10:30 - 11:15 6:00 - 6:45	P R I V A T E	L E S S O N S W-Y-O only 11:00 - 11:45
Intermediate - Purple Blue Green 7 yr - 12 yr	5:45 - 6:30	11:15 - 12:00 6:45 - 7:30	Sparring 5:45 - 6:30	11:15 - 12:00 6:45 - 7:30	& E X T R A	Sparring 12:30 - 1:15
Advance - Brown - (3rd , 2nd, 1st) 7 yr - 12 yr	6:30 - 7:15	11:15 - 12:00 4:45 - 5:30	Sparring 6:30 - 7:15	11:15 - 12:00 4:45 - 5:30	Classes Available On Fridays Between 12:00 - 5:00	Sparring 12:30 - 1:15
Black Belts			7:15 - 8:00	4:00 - 4:45	4:45 - 5:30	1:15 - 2:00
Black Belt Club					7:00 - 7:45	11:45 - 12:30
Master Club - Hit Squad/ Dream Team					6:15 - 7:00	
Demo Team					5:30 - 6:15	
Cardio Karate	8:00 - 9:00am 8:00 - 9:00 pm	7:30 - 8:30 pm	8:00 - 9:00 am 8:00 - 8:45 pm	7:30 - 8:30 pm		7:30 - 8:30 am
Brazilian Jiu Jitsu	7:15 - 8:00 pm					8:30 - 9:15 am
Adult Martial Arts		8:30 - 9:30 pm	8:45 - 9:30 pm	8:30 - 9:30 pm		9:15 - 10:00 am