

## HONBU SCHEDULE 2024 - Effective 1/2/24

### MONDAY

12:15PM - 1:10PM	COLOR BELTS	Kyoshi Kaoru
12:15PM - 1:10PM	WHITE BELTS	Jun Shihan Greg
1:15PM - 1:45PM	STRETCHING	Kyoshi Kaoru
1:15PM - 1:45PM	TRIAL/RE-INTRO ADULT CLASS	Jun Shihan Greg
3:50PM - 4:30PM	PEEWEE / JUNIOR	Jun Shihan Greg
4:30PM - 4:50PM	ALL KIDS MEDITATION	Jun Shihan Greg
4:50PM - 5:40PM	YOUTH CLASS	Jun Shihan Greg/ Kyoshi Kaoru
4:45PM - 5:40PM	TEEN BELT CLASS	Kyoshi Simon
5:45PM - 6:30PM	SELF DEFENSE CLASS	Kyoshi Simon
5:45PM - 6:40PM	COLOR BELTS	Kyoshi Kaoru
5:45PM - 6:40PM	WHITE BELTS	Sensei Michael
6:45PM - 7:35PM	KUMITE 101 (YELLOW+)*	Kyoshi Kaoru
6:45PM - 7:35PM	WHITE BELTS	Senpai Naoko

\* 5th Monday of the month Kumite 101 will be a falling/rolling seminar

### TUESDAY

7:30AM - 8:25AM	COLOR BELTS	Senpai Jenn
4:00PM - 4:45PM	YAI	Sensei Carol/Senpai Elinor
5:45PM - 6:30PM	GREEN BELTS & UP	Nidaime
5:45PM - 6:30PM	ENDURANCE CLASS	Kyoshi Simon
5:45PM - 6:40PM	WHITE BELTS	Jun Shihan Susie
6:35PM - 7:30PM	BLACK BELT CLASS	Nidaime
6:45PM - 7:30PM	YOGA	Jun Shihan Susie

\* Every Tuesday 6:35 BB Class will include Weapons

### WEDNESDAY

12:15PM - 1:10PM	COLOR BELTS	Nidaime
12:15PM - 1:10PM	WHITE BELTS	Senpai Jenn
1:15PM - 2:05PM	BLACK BELTS	Nidaime
4:00PM - 4:45PM	JUNIOR/YOUTH	Kyoshi Simon
4:45PM - 5:30PM	TEENS (& TRIAL)	Kyoshi Simon
5:45PM - 6:40PM	COLOR BELTS	Nidaime
5:45PM - 6:40PM	WHITE BELTS	Kyoshi Simon
6:45PM - 7:30PM	KATA	Nidaime
6:45PM - 7:40PM	WHITE BELTS	Kyoshi Horace
7:30PM - 8:00PM	MEDITATION	Nidaime
7:30PM - 8:00PM	CONTACT KUMITE (Brown +)	Kyoshi Horace

THURSDAY		
7:30AM - 8:25AM	COLOR BELTS	Senpai Jenn
12:30PM - 1:00PM	KATA (BLUE+)	Jun Shihan Greg
1:15PM - 2:00PM	KUMITE (GREEN+)	Jun Shihan Greg
3:50-PM- 4:30PM	PEEWEE / JUNIOR	Jun Shihan Greg
4:30PM - 4:50PM	KIDS KUMITE	Jun Shihan Greg
4:50PM- 5:40PM	YOUTH CLASS	Jun Shihan Greg
5:45PM - 6:40PM	BLUE - ADV. YELLOW BELTS	Kyoshi Nelson
5:45PM - 6:40PM	GREEN BELTS AND UP	Sensei Derek
5:45PM - 6:40PM	WHITE BELT	Sensei Stacey
6:45PM - 7:30PM	KUMITE (GREEN+)	Sensei Maura
6:45PM - 7:15 PM	TRIAL/RE-INTRO CLASS	Kyoshi Nelson
FRIDAY		
10:00AM - 10:50AM	BLACK BELT	Kaicho
11:00AM - 11:50AM	MEDITATION	Kaicho
12:00PM - 12:45PM	KATA	Nidaime
1:00PM - 1:55PM	VETERANS MEETING	Jun Shihan Warren
3:50PM - 4:30PM	PEEWEE / JUNIOR	Kyoshi Simon
4:30PM - 4:50PM	KIDS MEDITATION	Kyoshi Simon
4:50PM - 5:40PM	YOUTH CLASS	Kyoshi Simon
5:45PM - 6:40PM	COLOR BELTS	Kyoshi Simon
6:45PM - 7:30PM	PAD WORK (ADV. WHITE AND UP)	Kyoshi Simon
SATURDAY		
10:00AM - 10:50AM	ALL KIDS (ALL AGES)	Kyoshi Simon
10:00AM - 10:50AM	ADV. WHITE & UP	Kyoshi Kaoru
11:00AM - 11:45AM	SELF DEFENSE (GREEN+)	Kyoshi Kaoru
11:00AM - 11:30AM	KIDS KUMITE (GREEN+)	Kyoshi Simon
11:40AM - 12:25PM	TEENS (& TRIAL)	Kyoshi Simon
12:35PM - 1:30PM	COLOR BELTS	Kyoshi Simon
1:35PM - 2:20PM	KUMITE (GREEN+)	Kyoshi Simon
SUNDAY		
9:45AM - 10:35AM	ALL KIDS (ALL AGES)	Kyoshi Luis & Kyoshi Kaoru
10:40AM - 11:30AM	KIDS / TEENS KUMITE	Kyoshi Luis & Kyoshi Kaoru
10:40AM - 11:30PM	WHITE BELTS	Sensei Derek
11:35AM - 12:30PM	COLOR BELTS	Sei Shihan David
12:30PM - 1:15PM	KATA (BLUE+)	Sei Shihan David