

KREIMER'S KARATE INSTITUTE, INC.
1460-C West Patrick St. Frederick, MD 21702
(Entrance off of Old Camp Rd.)
301-695-3347
www.kreimers-karate.com

Class Schedule – As of January, 2012

Monday & Wednesday:

11:00am – 12:00pm - White to advance – ages 12 to adult & family time
5:00pm – 5:50pm - Gold bar to advance – all ages & family time
6:00pm – 6:50pm - Gold bar to advance – ages 5 to 11
8:00pm – 8:50pm - White to advance – ages 12 to adult & family time

***** Monday Night Only**

7:00pm – 7:30pm - Lil Dragon Class – ages 3 & 4
7:30pm – 8:00pm - Lil Dragon Class – ages 5 & 6

***** Wednesday Night Only**

7:00pm – 7:50pm - Green, Blue & Purple Belts Only – all ages

Tuesday & Thursday Night

6:00pm – 6:50pm - White Belts Only – ages 7 to adult
7:00pm – 7:50pm - Green, Blue & Purple Belts Only
8:00pm – 8:50pm - Red, Brown & Black Belts Only
9:00pm – 9:30pm - Black Belt Class

***** Friday Night Only (No Belts Required)**

5:30pm – 6:30pm - Scheduled Private Lesson time
6:30pm – 7:30pm – Escrima/Hapkido/one steps Ages 12/green belt and above

Saturday

9:30am – 10:00am - Lil Dragon Class – ages 3 – 6 (All Dragons)
10:00am – 10:30am - White Belts Only – all ages
10:30am – 11:00am - Gold bar, Yellow and Orange Belts
11:00am – 11:30am - Nunchaku Class – Gold Bar, Yellow & Orange Only
11:30am – 12:00pm – Bo Class – Green, Blue, Purple Belts Only
(Only Iron Hand Bo Form; First Form will be taught)
12:00pm – 12:50pm – Gold bar to advance – ages 12 to adult & family time

**** All Private Training MUST be pre scheduled. ****

** Private Karate Lessons are available! \$25.00 / half hour.

** Private Fitness Training now available! \$25 / half hour \$40 / hour.

** Instructional Videos and DVD's are available at the front desk for purchase.

** All Sparring Gear & Equipment must be purchased through Kreimer's Karate.

** Please be sure that we have your email address. Read our monthly newsletter, digital sign & website for updates.