

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](http://www.kreimers-karate.com)

Class Schedule – As of May 1, 2010

Monday & Wednesday:

11:00am – 12:00pm - White to advance – ages 12 to adult & family time

12:00pm – 12:30pm - Open Workout Time & Private Lessons

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 – 6:00pm - Open Workout Time & Private Lessons

6:00pm – 6:50pm – Escrima / Hapkido & Fitness Karate - ages 12 to adult & family time

Saturday

9:00am – 9:30am - Open Workout Time & Private Lessons

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 to advance – ages 7 – 11

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.