

RAY THOMPSON'S

Upstate KARATE

FAMILY MARTIAL ARTS CENTER

Kempo Karate 5-10 Yr

Monday

4:00 Jr. White- Beginner
 4:00 Jr. Red-Adv Red
 4:45 Jr. Yellow-Orange
 5:30 Jr. Black
 6:15 Jr. Blue-Adv Green
 7:15 Jr. Purple-Adv Brown

Tuesday

4:00 Jr. Blue- Adv. Green
 4:45 Jr. Purple-Adv Brown
 6:15 Jr. White-Beginner
 7:15 Jr. Yellow-Orange
 7:15 Jr. Red-Black

Wednesday

4:00 Jr. Yellow-Orange
 4:45 Jr. White-Beginner
 4:45 Jr. Red- Adv Red
 5:30 Jr. Black
 6:15 Jr. Purple-Adv Brown
 7:15 Jr. Blue- Adv Green

Thursday

4:00 Jr. Purple- Adv Brown
 4:45 Jr. Blue-Adv Green
 6:15 Jr. Yellow-Orange
 6:15 Jr. Red-Black
 7:15 Jr. White Beginner

Friday

4:00 Intermediate Weapons
 4:30 Weapon of the Quarter
 4:45 Beginner Weapons
 5:30 All Belts Make Up Class

Saturday

*10:00am Sparring Class
 *Except on Exam Day

Little Dragons 3-4 Yrs

Beginner-White- Tue/Thurs 5:30pm
 Camo Belt- Mon/Wed 5:30pm
 All Belts Levels Friday 5:00pm

Kempo Karate 11-15 Yr

Monday

5:30 Brown -Black
 7:15 White-Yellow-Orange

Tuesday

4:45 Brown-Black
 5:30 Blue-Adv Purple
 6:15 White-Yellow-Orange

Wednesday

6:15 Brown-Black
 7:00 Blue-Adv Purple

Thursday

4:45 White-Yellow-Orange
 5:30 Blue-Adv Purple

Friday

6:15 All Teens Make Up Class
 7:00 BBC Weapons

Saturday

10:45am Sparring Class

BBC BJJ- Kids/Teens

Thursday 7:15
 Friday 6:15

BBC Kboxing Kids/Teens

Friday 5:30
 Saturday 10:45am

Mixed Martial Arts

Monday 8pm
 Tuesday 8pm
 Wednesday 8pm Sparring
 Thursday 8pm
 Friday 6:15pm
 Saturday 10:45am

Kempo Karate 16 and Above

Monday

6:15 All Belts

Tuesday

12:00pm All Belts

Wednesday

6:15 Yellow-Black

Thursday

12:00pm All Belts
 7:15 All Belts

Friday

12:00pm All Belts
 6:15 All Belts
 7:00 BBC Weapons

Saturday

10:45am Sparring

PB Fitness MMA

Tuesday 6:15pm
 Thursday 6:15pm
 *Saturday 9:00am
 *Exam Saturday 8:30am

Adult BJJ

Monday 12:00pm and 6:15pm
 Tuesday 7:00pm
 Wednesday 6am and 12 pm
 Thursday 5:30pm
 Friday 6am and 6:15pm

Adult Advanced BJJ

Monday 7pm
 Wednesday 7pm No Gi
 Thursday 7pm
 Friday 6:15pm

Karate Birthday Parties available on Saturday's

129 N. Main St. Simpsonville SC 29681

(864) 967-3930

www.upstatekarate.com