

RAY THOMPSON'S

Upstate KARATE

FAMILY MARTIAL ARTS CENTER

Kempo Karate 5 - 10 Yrs.

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 Belt Promotion Saturdays

Little Dragons 3-4 Yrs

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

Kempo Karate 11 - 15 Yrs.

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

*Saturday

10:45am Sparring Class

Mixed Martial Arts

Monday 8:00 pm
Tuesday 8:00 pm
Thursday 8:00 pm
Friday 6:15 pm
Saturday 10:45 am

Kempo Karate 16 & Above

Monday

6:15 All Belts

Tuesday

12:00 All Belts
6:15 PB Fitness MMA

Wednesday

8:00 Brown- Black

Thursday

12:00 All Belts
7:15 All Belts
6:15 PB Fitness MMA

Friday

12:00 All Belts
6:15 All Adults Make Up Class

*Saturday

9:00 AM PB Fitness MMA
10:45am Sparring Class

Adult BJJ Class

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

Adult Advanced BJJ

Monday 7pm
Wednesday 7pm No Gi
Thursday 7:00pm
Friday 6:15pm

Karate birthday parties available on Saturday's.