



Baran's Kenpo Karate

Schedule Effective Nov. 28th

Making a Difference since 1994

Baranskenpo.Com 203-949-9660



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE DRAGON	4:15 - 4:45	5:00 - 5:30	4:15 - 4:45	5:00 - 5:30	N/A	10:00 - 10:30
LITTLE DRAGON BBT	4:15 - 4:45	5:30 - 6:00	4:15 - 4:45	5:30 - 6:00	N/A	10:00 - 10:30
KIDS BASIC TRAINING	4:45 - 5:30	6:00-6:45	4:45 - 5:30	6:00-6:45	N/A	10:30-11:15
BBT PHASE 1 W,Y,O	4:45 - 5:30	6:00 - 6:45	4:45 - 5:30	6:00-6:45	N/A	10:30-11:15
BBT PHASE 2 P,B,G	6:15 - 7:00	6:45 - 7:30	6:15 - 7:00	6:45 - 7:30	N/A	10:30-11:15
BBT PHASE 3 Brown, Red/ Black	5:30 - 6:15	6:45 - 7:30	5:30 - 6:15	6:45 - 7:30	N/A	10:30-11:15
MASTERS TRAINING	7:00 - 7:45	4:15 - 5:00	7:00 - 7:45	4:15 - 5:00	N/A	10:30-11:15
TEENS ONLY	7:45 - 8:30	3:30 - 4:15	7:45 - 8:30	3:30 - 4:15	N/A	N/A
COMBAT FITNESS	8:30 - 9:00pm	10:00 - 10:30am	8:30 - 9:00pm	10:00 - 10:30am	N/A	9:30 - 10:00am
S.W.A.T CLASS	N/A	N/A	N/A	N/A	5:00-5:45	N/A
KIDS MMA	6:15 - 7:00	7:30 - 8:00	N/A	N/A	N/A	11:15 -11:45
CHAMPION TEAM	N/A	N/A	6:15 - 7:00	7:30 - 8:00	N/A	11:45-12:15
ADULTS ONLY	N/A	7:30	N/A	7:30	N/A	N/A
LEADERSHIP	N/A	N/A	N/A	N/A	4:00-5:00	N/A

Have Your Birthday Party Here!!!

Just bring your camera, sit back and enjoy..... We do all the work!!!

Each 90-minute party includes an exciting Karate lesson with fun drills and games. Pizza, drinks, and a special cutting of the cake with a samurai sword ceremony. See your instructor for details.

Prepare For Victory!

- Ⓞ Be in class on time.
- Ⓞ Never disturb the class in session.
- Ⓞ All shoes and coats must be neatly in coat area.
- Ⓞ Clean uniform and hygiene habits are a must.
- Ⓞ No food, drinks, cell phones, or talking allowed inside training floor area.



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