



# Karate America Verona

[www.kaverona.com](http://www.kaverona.com)

535 Half Mile Road, Verona, WI 845-1333

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
INTRODUCTORY Class (By Appointment)	★	★	★	6:15-6:45	★	9:30-10:00
WHITE Belt / GOLD Belt ORANGE Belt / GREEN Belt 4, 5, and 6 years old	★	4:00-4:30	5:00-5:30	5:00-5:30	★	10:00-10:30
WHITE/GOLD/ORANGE Belt Kids 7 to 12 years old	★	5:00-5:30	5:30-6:00	4:30-5:00	★	10:30-11:00
GREEN & PURPLE Belt Kids 7 to 12 years old	5:00-5:30	★	★	6:45-7:15	4:00-4:30	11:00-11:30
BLUE & BLUE STRIPE Belt Kids - 7 to 12 years old	5:30-6:00	5:30-6:00	★	★	4:30-5:00	11:30-12:00
RED & RED STRIPE Belt Kids 7 to 12 years old	6:00-6:30	★	6:00-6:30	★	5:30-6:00	12:00-12:30
BROWN to BLACK Belt Kids 7 to 12 years old	★	4:30-5:00	6:30-7:00	★	5:00-5:30	12:30-1:00
ALL Teens & Adults ALL Belts – 13 & Up	7:15-8:00	7:30-8:15	★	8:00-8:45	★	1:00-1:45
MASTERS TEAM BLACK BELT Class 7 to 13 Year Old	4:15-5:00	6:00-6:45	7:00-7:45	7:15-8:00	6:00-6:45	★
MASTERS TEAM 14 & Older AND ALL Second Degree Blacks	6:30-7:15	6:45-7:30	7:00-7:45	7:15-8:00	6:00-6:45	★
BLACK BELT Candidate Class	8:00-8:45	★	7:45-8:30	★	6:45-7:45	★
COMPETITION Team BLACK BELT Team or ACHIEVEMENT Team	★	★	★	5:30-6:15	★	★

**On Monday nights when we have Sparring Class scheduled:**

- ➔ All Brown Belt and Candidate Kids spar from 4:15-5:00 with the Kids Masters Team Class
- ➔ All Adults and Adult Candidates spar from 6:30-7:15 with the Adult Masters Team Class
- ➔ On Monday Sparring Nights there is NO other Adult Class or Candidate Class scheduled