



JMAC KARATE

FALL 2021

MONDAY	3:15 p.m. to 4 p.m.		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m to 7 p.m.	7 p.m. to 8 p.m.
	Judo/JiuJitsu		Karate White to Purple Belts	Karate Green to Black Belts	Elite Karate	Black Belt Club Brown and Black Belts
TUESDAY	3:00 p.m to 3:30p.m.	3:30 p.m. to 4 p.m.	4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m to 7 p.m.	7 p.m. to 8 p.m.
	Private	Kinder Karate 3-5 years old	Kids Karate 6-8 years old	Youth Karate 9-12 years old	Teen Karate 13-19 years old	Adult Karate 20 years old and over
WEDNESDAY	3:15 p.m. to 4 p.m.		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m to 7 p.m.	7 p.m. to 8 p.m.
	Judo/JiuJitsu		Karate White to Purple Belts	Karate Green to Black Belts	Elite Karate	Black Belt Club Brown and Black Belts
THURSDAY	3 p.m. to 3:30 p.m.	3:30 p.m. to 4 p.m.	4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m to 7 p.m.	7 p.m. to 8 p.m.
	Private	Kinder Karate 3-5 years old	Kids Karate 6-8 years old	Youth Karate 9-12 years old	Teen Karate 13-19 years old	Adult Karate 20 years old and over
FRIDAY	3:15p.m. to 4 p.m.		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m to 7 p.m.	7 p.m. to 8 p.m.
	Judo/JiuJitsu		Karate White to Purple Belts	Karate Green to Black Belts	Kobudo	Elite Karate

SATURDAY	9 a.m. to 9:30 a.m.	9:30 a.m. to 10 a.m.	10 a.m. to 11 a.m.	11 a.m. to 12 noon	12 noon to 1 p.m.	1 p.m to 2:30p.m.
	Private	Kinder Karate 3-5 years old	Karate White to Purple Belts	Karate Green to Black Belts	Black Belt Club Brown and Black Belts	Elite Karate

Karate classes are also available online

JMAC KARATE

10585 Slater Ave Ste 1A
Fountain Valley, CA 92708

Phone: (714) 963-5866

www.jmackarate.com