



JMACK KARATE

Winter-Spring 2022

	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.
MONDAY	Private	Karate White to Purple Belts	Karate Green to Black Belts	Kumite Orange Belts and up	Black Belt Club Brown and Black Belts
	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.
TUESDAY	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
	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.
WEDNESDAY	Private	Karate White to Purple Belts	Karate Green to Black Belts	Kumite Orange Belts and up	Black Belt Club Brown and Black Belts
	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.
THURSDAY	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
	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 7:30 p.m.	
FRIDAY	Private	Judo / JiuJitsu	Karate All levels, all ages	Elite Kumite	

	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 2:30 p.m.
SATURDAY	Kinder Karate 3-5 years old	Karate White to Purple Belts	Karate Green to Black Belts	Black Belt Club Brown and Black Belts	Elite Kumite

Online Classes Available

10585 Slater Ave Ste 1A
 Fountain Valley, CA 92708
 Phone: (714) 963-5866
www.jmackarate.com