



# JMACK KARATE

Spring-Summer 2023

		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.
<b>MONDAY</b>		Judo / JuJitsu	Karate All levels, all ages	Kumite Yellow 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.
<b>TUESDAY</b>	Kinder Karate 3-4 years old	Kids Karate 5-7 years old	Youth Karate 8-10 years old	Junior Karate 11-17 years old	Adult Karate 18 years old and over
		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.
<b>WEDNESDAY</b>		Karate White to Purple Belts	Karate Green to Black Belts	Kumite Yellow 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.
<b>THURSDAY</b>	Kinder Karate 3-4 years old	Kids Karate 5-7 years old	Youth Karate 8-10 years old	Junior Karate 11-17 years old	Adult Karate 18 years old and over
		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7:30 p.m.	
<b>FRIDAY</b>		Judo / JuJitsu	Karate All levels, all ages	Elite Kumite Competitors	

	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.
<b>SATURDAY</b>	Kinder Karate 3-4 years old	Karate White to Purple Belts	Karate Green to Black Belts	Black Belt Club Brown and Black Belts	Elite Kumite Competitors

Online Classes Available

10585 Slater Ave Ste 1A  
 Fountain Valley, CA 92708  
 Phone: (714) 963-5866  
[www.jmackkarate.com](http://www.jmackkarate.com)