



Summer 2026

		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		Judo / JuJitsu	Karate – All Levels All Ages	Karate Sparring (Kumite) Yellow Belts & up	Black Belt Club Brown & 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	Karate – Kinder Ages 3–4	Karate – Kids Ages 5–7	Karate – Youth Ages 8–10	Karate – Junior Ages 11–17	Karate – Adult 18+
		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		Karate – Beginner White to Orange Belts	Karate – Intermediate Blue to Black Belts	Karate Sparring (Kumite) Yellow Belts & up	Black Belt Club Brown & 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	Karate – Kinder Ages 3–4	Karate – Kids Ages 5–7	Karate – Youth Ages 8–10	Karate – Junior Ages 11–17	Karate – Adult 18+
		4 p.m. to 5 p.m.	5 p.m. to 6 p.m.	6 p.m. to 7:30 p.m.	
FRIDAY		Judo / JuJitsu	Karate – All Levels All Ages	Competition Team Kumite Training	

	9:30 a.m.	10 a.m. to 11 a.m.	11 a.m. to 12:30 p.m.	12:30 p.m. to 2 p.m.
SATURDAY	Karate – Kinder Ages 3–4	Karate – All Levels All Ages	Black Belt Club Brown & Black Belts	Competition Team Kumite Training

	8 a.m. to 10 a.m
SUNDAY	Competition Team Training

Online Classes Available

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www.jmackkarate.com