

SEATTLE SEIDO KARATE WEEKLY CLASS SCHEDULE

DALE TURNER YMCA, SHORELINE – Martial Arts Room

MONDAY		
5:30 – 6:25 PM	General Class	Youth
6:30 – 7:30 PM	General Class	Adult
WEDNESDAY		
5:30 – 6:25 PM	General Class	Youth
6:30 – 7:30 PM	General Class	Adult
7:30 – 8 PM	Kumite	Adult
SATURDAY		
10:30 – 11:30 AM	General Class	Youth

DOWNTOWN YMCA – 6th FLOOR, MULTI-PURPOSE ROOM 3

MONDAY		
6 – 7 PM	General Class	Adult
THURSDAY		
6 – 7 PM	General Class	Adult

WASHINGTON ATHLETIC CLUB

MONDAY		
10:30 – 11:15 AM	General Class	Juniors (younger children)
11 – Noon	General Class	Youth (older children)

SEATTLE SEIDO KARATE WEEKLY CLASS SCHEDULE

NORTHSHORE YMCA – MULTI-PURPOSE ROOM

TUESDAY		
7 – 8 AM	General Class	Adult
4 – 4:45 PM	General Class	Youth
4:55 – 5:55 PM	General Class	Adult (begins Oct. 6)
WEDNESDAY		
4 – 4:45 PM	General Class	Youth
THURSDAY		
7 – 8 AM	General Class	Adult
8 – 8:30 AM	Kumite	Adult
4 – 4:45 PM	General Class	Youth
4:55 – 5:55 PM	General Class	Adult (begins Oct. 6)
FRIDAY		
4 – 4:45 PM	General Class	Youth

JAPANESE CULTURAL AND COMMUNITY CENTER OF WASHINGTON

TUESDAY		
5 – 5:45 PM	General Class	Ages 5 – 8
5:30 – 6:30 PM	General Class	Ages 9 – 12
6:30 – 7:30 PM	General Class	Teens / Adult
THURSDAY		
5 – 5:45 PM	General Class	Ages 5 – 8
5:30 – 6:30 PM	General Class	Ages 9 – 12
6:30 – 7:30 PM	General Class	Teens / Adult