

SEATTLE SEIDO KARATE WEEKLY CLASS SCHEDULE

DALE TURNER YMCA, SHORELINE - Martial Arts Room

MONDAY		
5:30 – 6:15 PM	General Class	Juniors (younger children)
6 – 7 PM	General Class	Youth (older children)
7 – 8 PM	General Class	Adult
WEDNESDAY		
5:30 – 6:15 PM	General Class	Juniors (younger children)
6 – 7 PM	General Class	Youth (older children)
7 – 8 PM	General Class*	Adult
8 – 8:30 PM	Kumite	Adult
SATURDAY		
10:15 – 11:00 AM	General Class	Juniors (younger children)
11 AM – 12 PM	General Class	Youth (older children)

*Black belt classes are held on every first Wednesday of the month, 7 _ 8:30 PM

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

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

SEATTLE SEIDO KARATE WEEKLY CLASS SCHEDULE

WASHINGTON ATHLETIC CLUB

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

NORTSHORE 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	Teen / Adult
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	Teen / Adult
FRIDAY		
4 – 4:45 PM	General Class	Youth

SEATTLE SEIDO KARATE WEEKLY CLASS SCHEDULE

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
THURSDAY		
5 – 5:45 PM	General Class	Ages 5 – 8
5:30 – 6:30 PM	General Class	Ages 9 – 12

*Black belt classes are held on every second Tuesday of the month, 6 – 7:30 PM