



2124 Franklin Rd, Bloomfield Hills, MI 48302
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CoreFitnessMartialArts.com

Core Fitness Martial Arts Schedule

We recommend students attend at least 2 classes each week. This frequency helps with information retention.

Monday

5:30pm – 6:15pm – Youth Beginner Karate (White/Yellow Belts) **A**
6:30pm – 7:30pm – Youth Advanced Karate (Red Belts and above)
7:30pm – 8:15pm – Adult Advanced Karate (Red Belts and above)

Tuesday

6:00pm – 6:45pm – Youth Beginner Karate (White/Yellow Belts) **A**
7:00pm – 7:45pm – Youth Intermediate Karate (Purple Belts and above)
8:00pm – 8:45pm – Teen/Adult Karate (All Ranks)

Wednesday

6:00pm – 6:45pm – Black Belt Club (Purple Belt and up)

Thursday

5:00pm – 5:45pm – Youth Beginner Karate (White/Yellow Belts) **B**
6:00pm – 6:45pm – Youth Beginner Karate (White/Yellow Belts) **B**
7:00pm – 7:45pm – Youth Intermediate Karate (Purple Belts and above)
8:00pm – 8:45pm – Teen/Adult Karate (All Ranks)

Friday

5:00pm – 5:45pm – Youth Intermediate Karate (Purple Belts and Up)
6:00pm – 6:45pm – Youth Beginner Karate (White Belt and Yellow Belt) **C**
6:50pm – 7:35pm – Teen/Adult Karate (All Ranks)

Saturday

10:15am – 10:45am – Tiger Tots (3-5yrs old)
11:00am – 11:45am – Sparring Class (12yrs old and under All Ranks)
12:00pm – 12:45pm – Sparring Class (12yrs old and up All Ranks)

*Youth Beginner Karate students can pick two combinations of classes per week. Example: A&B, A&C, B&C classes as labeled above. Please avoid attending two of the same classes. Example A&A as labeled above.