



2124 Franklin Rd, Bloomfield Hills, MI 48302

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www.corefitnessmartialarts.com

Core Fitness Martial Arts Schedule

Monday

Closed

Tuesday

6:00pm – 6:45pm – Youth Beginner Karate (White/Yellow Belts)

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

6:00pm – 6:45pm – Youth Beginner Karate (White/Yellow Belts)

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 above)

6:00pm – 6:45pm – Youth Beginner Karate (White/Yellow Belts)

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)

** We recommend that children come at least 2x/week, it helps them retain the information. Participants are more than welcome to attend all the classes that apply for their age and rank.*