



# National Karate Institute

(Fall/Winter Schedule: 9/6/2011 – 6/23/2012)

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www.moorestownmartialarts.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
** Martial Arts Intro Lessons By Appointment Daily **	<b>T'ai Chi/Qi Gong*</b> 9:00-9:50	<b>Mommy and Me</b> 10:00-10:30		<b>T'ai Chi/Qi Gong*</b> 9:00-9:50	<b>T'ai Chi/Qi Gong*</b> 9:00-9:50	<ul style="list-style-type: none"> <li>PLEASE ARRIVE 10-15 MINUTES PRIOR TO CLASS TIME</li> <li>REMAIN IN PROPER WARMUP AREA</li> <li>NEVER DISTURB CLASS IN SESSION</li> <li>QUIETLY STRETCH AND PREPARE FOR CLASS</li> <li>ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS</li> <li>ALL VALUABLE SHOULD BE LEFT IN THE CAR</li> <li>CLEAN UNIFORM AND HYGIENE HABITS ARE A MUST</li> <li>ALL GUEST SHOULD REMAIN IN SEATING AREA</li> <li>ALL SHOES SHOULD BE PLACED IN SHOERACK</li> <li>CHILDREN MUST REMAIN IN DESIGNATED AREAS</li> </ul>	
<b>Cardio Karate*</b> 10:00-10:50	<b>Cardio Karate*</b> 10:00-10:50	<b>Mini Mittes</b> 10:40-11:10		<b>Cardio Karate*</b> 10:00-10:50	<b>Family Class Tigers, Dragons, Cobras, Adults</b> 10:00-10:45		
	<b>Adults</b> 11:00-12:00	<b>Ninja Turtles</b> 3:30-4:00	<b>Adults</b> 11:00-12:00				
<b>Ninja Turtles</b> 4:00-4:30	<b>Ninja Turtles</b> 4:00-4:30	<b>Ninja Turtles</b> 4:00-4:30	<b>Ninja Turtles</b> 4:00-4:30				
<b>Ninja Turtles</b> 4:30-5:00	<b>Ninja Turtles</b> 4:30-5:00	<b>Ninja Turtles</b> 4:30-5:00	<b>Ninja Turtles</b> 4:30-5:00				
<b>Ninja Turtles</b> 5:00-5:30	<b>Ninja Turtles</b> 5:00-5:30	<b>Ninja Turtles</b> 5:00-5:30	<b>Ninja Turtles</b> 5:00-5:30		<b>Birthday Parties</b> 1:00; 3:30		
<b>Tigers (Beginners)</b> 5:30-6:15	<b>Tigers (Beginners)</b> 5:30-6:15	<b>Tigers (Beginners)</b> 5:30-6:15	<b>Tigers (Beginners)</b> 5:30-6:15	<b>Ninja Turtles</b> 6:00-6:30			
<b>Dragons (Intermediate)</b> 6:15-7:00	<b>Dragons (Intermediate)</b> 6:15-7:00	<b>Dragons (Intermediate)</b> 6:15-7:00	<b>Dragons (Intermediate)</b> 6:15-7:00	<b>Assistant/instructor Training</b> 6:00-6:45	<b>**NO SATURDAY CLASSES 1<sup>ST</sup> SATURDAY OF EACH MONTH due to Belt Testing**</b> (Except holiday weekends)		
<b>Cobras (Advanced)</b> 7:00-7:45	<b>Cobras (Advanced)</b> 7:00-7:45	<b>Cobras (Advanced)</b> 7:00-7:45	<b>Cobras (Advanced)</b> 7:00-7:45	<b>Adult Weapons Club*</b> 6:45-7:30			
<b>Jr. Black Belt</b> 7:45-8:30	<b>Adults</b> 7:45-8:45	<b>Jr. Black Belt</b> 7:45-8:30	<b>Adults</b> 7:45-8:45	<b>Children Weapons Club*</b> 7:30-8:20			
<b>Adults</b> 8:30-9:30		<b>Adults</b> 8:30-9:30	<b>Adult Black Belt Class</b> 8:45-9:45	<b>Demonstration Team Practice</b> 8:20-9:00	<b>CLOSED SUNDAYS</b>		
	<b>HAVE YOUR BIRTHDAY PARTY HERE!!!!</b> Just bring your camera, sit back, and enjoy ... We do all the work!!! Parties are 90 minutes in length. Included will be a Martial Arts lesson (always with motivational messages), "Instructor Says" (Black Belt listening skills), other focus drills and games, Piñata break for everyone, break of board for the birthday child, and much more!						