

Joslin's Martial Arts Center

11768 Atwood Road Suite #1,
Auburn, CA. 95603

820-3131

www.GreatKarate.com

Select Tract A or B or C	Monday Tract A Kata	Tuesday Tract B Sparring	Wednesday Tract A Sparring	Thursday Tract B Kata	Friday Tract C Kata	Saturday Tract C Sparring & Kata
Day Class-Adults All Belts	11:45-12:45 Floor #1		11:45-12:45 Floor #1		11:45-12:45 Floor #1	
Tiny Tigers Ages 4-5	4:30-5:00 Floor #1	5:20-5:50 Floor #2	4:30-5:00 Floor #1	5:20-5:50 Floor #2	4:30-5:00 Floor #1	-----
Little Dragons 6-7	5:15-5:45 Floor #1	4:40-5:10 Floor #2	5:15-5:45 Floor #1	4:40-5:10 Floor #2	3:50-4:20 Floor #1 Sparring	-----
Beginning Jr. Ages 8-12 White, Hachi, Yellow & Orange Belts	3:50-4:35 Floor #2	4:00-4:45 Floor #1 6:45-7:35 Floor #1	3:50-4:35 Floor #2	4:00-4:45 Floor #1 6:45-7:35 Floor #1	5:10-6:00 Floor #1	11:00-11:50 Kata Open Floor #1 12:00-12:50 Sparring
Intermediate Jr. Ages 8-12 Green & Purple Belts	6:10-7:00 Floor #1	4:50-5:40 Floor #1	6:10-7:00 Floor #1	4:50-5:40 Floor #1	6:10-7:00 Floor #1	11:00-11:50 Kata Open Floor #1 12:00-12:50 Sparring
Advanced Jr. Ages 8-12 Brown & Black Belts	6:10-7:00 Floor #1	4:50-5:40 Floor #1	6:10-7:00 Floor #1	4:50-5:40 Floor #1	6:10-7:00 Floor #1	11:00-11:50 Kata Open Floor #1 12:00-12:50 Sparring
Beginning Teen-Adult White, Hachi, Yellow & Orange Belts	4:45-5:35 Floor #2	7:10-8:00 Floor #2	4:45-5:35 Floor #2	7:10-8:00 Floor #2	5:10-6:00 Floor #2	11:00-11:50 Kata Open Floor #1 12:00-12:50 Sparring
Intermediate Teen-Adult Green & Purple Belts	7:10-8:00 Floor #1	5:45-6:35 Floor #1	7:10-8:00 Floor #1	5:45-6:35 Floor #1	6:10-7:00 Floor #2	11:00-11:50 Kata Open Floor #1 12:00-12:50 Sparring
Advanced Teen-Adult Brown & Black Belts	7:10-8:00 Floor #1	5:45-6:35 Floor #1	7:10-8:00 Floor #1	5:45-6:35 Floor #1	6:10-7:00 Floor #2	11:00-11:50 Kata Open Floor #1 12:00-12:50 Sparring
Adult Kickboxing	6:15-7:00 Floor #2	7:45-8:30 Floor #1	6:15-7:00 Floor #2	7:45-8:30 Floor #1	7:30-8:15 Floor #2	-----
Black Belts		8:10-9:00 Floor #1			7:10-8:00 Floor #1	

- Come to classes designated to your belt color only.
- Notify staff if you will be away for more than 3 days please.
- Come to class with a level 10 in energy and enthusiasm.
- Please arrive 10 minutes prior to class time.
- Wear a complete and approved school uniform. No exceptions, please.
- Place shoes in changing room.

As Karate & Kickboxing

Valley Hwy #201, Auburn 530.888.7227

530-888-7227

Project Tract A or B or C	Monday Tract A Kata	Tuesday Tract B Sparring	Wednesday Tract A Sparring	Thursday Tract B Kata	Friday Tract C Kata	Saturday Tract C Sparring & Kata
Class-Adults All Belts	11:45-12:45 Floor #1		11:45-12:45 Floor #1		11:45-12:45 Floor #1	
Beginners Ages 4-5	4:30-5:00 Floor #1	5:20-5:50 Floor #2	4:30-5:00 Floor #1	5:20-5:50 Floor #2	4:30-5:00 Floor #1	-----
Dragons 6-7	5:15-5:45 Floor #1	4:40-5:10 Floor #2	5:15-5:45 Floor #1	4:40-5:10 Floor #2	3:50-4:20 Floor #1 Sparring	-----
Beginner Jr. Ages 8-12 Machi, Yellow Orange Belts	3:50-4:35 Floor #2	4:00-4:45 Floor #1 6:45-7:35 Floor #1	3:50-4:35 Floor #2	4:00-4:45 Floor #1 6:45-7:35 Floor #1	5:10-6:00 Floor #1	11:00-11:50 K Open Floor # 12:00-12:50 Spa
Intermediate Jr. Ages 8-12 & Purple Belts	6:10-7:00 Floor #1	4:50-5:40 Floor #1	6:10-7:00 Floor #1	4:50-5:40 Floor #1	6:10-7:00 Floor #1	11:00-11:50 K Open Floor # 12:00-12:50 Spa
Advanced Jr. Ages 8-12 & Black Belts	6:10-7:00 Floor #1	4:50-5:40 Floor #1	6:10-7:00 Floor #1	4:50-5:40 Floor #1	6:10-7:00 Floor #1	11:00-11:50 K Open Floor # 12:00-12:50 Spa
Beginner Teen-Adult Machi, Yellow Orange Belts	4:45-5:35 Floor #2	7:10-8:00 Floor #2	4:45-5:35 Floor #2	7:10-8:00 Floor #2	5:10-6:00 Floor #2	11:00-11:50 K Open Floor # 12:00-12:50 Spa
Intermediate Teen-Adult & Purple Belts	7:10-8:00 Floor #1	5:45-6:35 Floor #1	7:10-8:00 Floor #1	5:45-6:35 Floor #1	6:10-7:00 Floor #2	11:00-11:50 K Open Floor # 12:00-12:50 Spa
Advanced Teen-Adult & Black Belts	7:10-8:00 Floor #1	5:45-6:35 Floor #1	7:10-8:00 Floor #1	5:45-6:35 Floor #1	6:10-7:00 Floor #2	11:00-11:50 K Open Floor # 12:00-12:50 Spa
Kickboxing	6:15-7:00 Floor #2	7:45-8:30 Floor #1	6:15-7:00 Floor #2	7:45-8:30 Floor #1	7:30-8:15 Floor #2	-----
Black Belts		8:10-9:00 Floor #1			7:10-8:00 Floor #1	

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