



SHOTOKAN

ROCHESTER SHOTOKAN KARATE DOJO



TRAINING SCHEDULE

Tiny Tigers (Ages 4-6)	Tuesday & Thursday 4:15 - 5:00 pm
Young Warriors (Ages 7-12)	Tuesday & Thursday 5:00 - 6:00 pm
Teens/Adults (Ages 13+)	Tues & Thurs 6:00 - 7:00 pm
All Members - Kata Only	Fridays 5:00 - 6:00 pm
All Members - Open training	Saturdays 9:00 - 10:00 am
Advanced Members (Brown/black rank)	Tues* & Thurs** 7:00 - 8:00 pm
	Saturdays 7:30* - 9:00 am

*** Members 6 kyu & above allowed with permission.**

**** Thursday class is a sparring focused class.**

All Members allowed at these sparring sessions.