



The Official Home of Martial Arts with Sensei Vern

Karate Schedule – Winter 2007-2008



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adults 9:15am- 10:00am		Adults 9:15am- 10:00am			Junior Open All Ranks 9:15am- 10:00am
Pee-Wees 10:00am- 10:30am		Pee-Wees 10:00am- 10:30am			Little Panthers 10:00am- 10:30am
Tai-Chi 11:00am- 11:45am	Tai-Chi 11:00am- 11:45am	Tai-Chi 11:00am- 11:45am	Tai-Chi 11:00am- 11:45am		Interview, Intros 10:30am- 11:00am
Thai Kickboxing 11:45am- 12:30pm	Little Panthers 11:45am- 12:15pm	Thai Kickboxing 11:45am- 12:30pm	Little Panthers 11:45am- 12:15pm		Tai-Chi 11:00am- 11:45am
	Pee Wees 12:15pm – 12:45pm		Pee Wees 12:15pm – 12:45pm		Thai Kickboxing 12:00pm- 12:45pm
Little Panthers 3:30pm- 4:00pm	Little Panthers 3:30pm- 4:00pm		Little Panthers 3:30pm- 4:00pm	Little Panthers 3:30pm- 4:00pm	
Junior Advanced 4:15pm- 5:00pm	Junior Beginners 4:15pm- 5:00pm		Junior Beginners 4:15pm- 5:00pm	Junior Advanced 4:15pm- 5:00pm	
Junior Beginners 5:15pm- 6:00pm	Junior Advanced 5:15pm- 6:00pm		Junior Advanced 5:15pm- 6:00pm	Junior Beginners 5:15pm- 6:00pm	Available for reserved events.
Junior Open All Ranks 6:15pm- 7:00pm	Tai Chi 6:15pm- 7:00pm		Thai Kickboxing 6:15pm- 7:00pm	Adults 6:15pm- 7:00pm	
Adults 7:15pm- 8:00pm	Thai Kickboxing 7:15pm – 8:00pm		Adults 7:15pm- 8:00pm	Boxing 7:15pm- 7:00pm	
	Boxing 8:00pm- 8:45pm				

For More Information Please Call Sensei Vern at 670 - 8768
501 Daniel Webster Highway, Merrimack, New Hampshire