



ESPOSITO'S KARATE FITNESS CENTER

W I N T E R S C H E D U L E

December 2 - March 7, 2020

2019-2020	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult & Mom/Dad	7:00 - 8:00pm (Adult)	7:00 - 8:00pm (Adult)	9:15 - 10:15am* (Moms)	7:00 - 8:00pm (Adult)		9:00 - 10:00am* (Moms & Dads)	
Dynomite (Ages 4½ - 7 yrs)	4:00 - 4:45pm	2:00 - 2:45pm ----- 3:00 - 3:45pm ----- 4:00 - 4:45pm	4:00 - 4:45pm	4:00 - 4:45pm	3:30 - 4:15pm	10:00 - 10:45am	
Junior White-Purple/Blue (Ages 7 - 14 yrs)	4:00 - 4:45pm ----- 5:00 - 5:45pm	3:00 - 3:45pm ----- 4:00 - 4:45pm ----- 5:00 - 5:45pm	4:00 - 4:45pm ----- 5:00 - 5:45pm	4:00 - 4:45pm ----- 5:00 - 5:45pm	3:30 - 4:15pm ----- 4:30 - 5:15pm	11:00 - 11:45am	
Adv. Junior Blue - Green (Ages 8 - 15 yrs)	5:00 - 5:45pm	5:00 - 5:45pm	5:00 - 5:45pm	5:00 - 5:45pm	4:30 - 5:15pm	12:00 - 12:50pm	Private Lessons Available [9am - 4pm]
Teen			6:00 - 6:45pm				
Brown - Brown/Black	6:00 - 6:50pm	6:00 - 6:50pm		6:00 - 6:50pm	5:30 - 6:15pm	1:00 - 1:50pm	
Jr. Black	7:00 - 8:00pm Sensei Dave	7:00 - 8:00pm Grandmaster		7:00 - 8:00pm Grandmaster	5:30 - 6:15pm	1:00 - 1:50pm	

230 Adams Street ▪ Newton, MA 022458 ▪ 617.965.1329

* Separate from Adult Program

www.EspositosKarate.com

Minimum of 6 students per class.