

Hickory Academy 2024 Class Schedule *Effective November 1st 2024

| | Monday | Tuesday | Wednesday | Thursday | Saturday |
|------------------|---|---|---|---|--|
| 11am to 11:45am | | Homeschool Karate (7 and up) | | Homeschool Karate (7 and up) | |
| 4:30pm to 5:15pm | Kids Karate Beginners (Kids 7 to 12) | Kids Karate Beginners (Kids 7 to 12) | Kids Karate Beginners (Kids 7 to 12) | Kids Karate Beginners (Kids 7 to 12) | |
| | Kicking Cubs (Kids 4 to 6) | Kicking Cubs (Kids 4 to 6) | Kicking Cubs (Kids 4 to 6) | Kicking Cubs (Kids 4 to 6) | Kicking Cubs 9am to 9:45am |
| 5:30pm to 6:15pm | Kids Karate All Ranks (Kids 7 to 12) | Kids Karate All Ranks (Kids 7 to 12) | Kids Karate All Ranks (Kids 7 to 12) | Kids Karate All Ranks (Kids 7 to 12) | 10am to 10:45 Karate All Ranks |
| | Kids Gracie Jiu-Jitsu (All Ranks 7 and up) | Kids Gracie Jiu-Jitsu (All Ranks 7 and up) | Kids Gracie Jiu-Jitsu (All Ranks 7 and up) | Kids Gracie Jiu-Jitsu (All Ranks 7 and up) | 11am to 11:45am Leadership Class Including weapons |
| 6:30pm to 7:30pm | Advanced Karate (Blue and Up) | Kids Karate All Ranks (All Ranks 7 to 12) | Advanced Karate (Blue and Up) | Kids Karate All Ranks (All Ranks 7 to 12) | |
| | Teen/Adult Gracie Jiu-Jitsu Fundamentals | Teen/Adult Karate (All Ranks) | Teen/Adult Gracie Jiu-Jitsu Fundamentals | Teen/Adult Karate (All Ranks) | |
| 7:30pm to 8:30pm | Adult Gracie Jiu-Jitsu (All Levels) | Advanced Karate (Blue and Up) | Adult Gracie Jiu-Jitsu (All Levels) | Advanced Karate (Blue and Up) | |
| | Boxing Club 11 and up | Adult Gracie Jiu-Jitsu Fundamentals | Open Sparring | Adult Gracie Jiu-Jitsu Open Mat Sparring | |