

Hickory Academy 2025 Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Saturday
11am to 11:45am		Homeschool Karate (7 and up)		Homeschool Karate (7 and up)	BJJ Open Mat 9am to 9:45am 10am to 10:45 Karate All Ranks 11am to 11:45am Leadership Class Including weapons Special Events, Private Lessons, Birthday Parties as Scheduled. Teen/Adult Yoga Monday and Wednesday 5:30pm to 6:15pm *Free for all members.
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)	
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)	
	Advanced Karate (Blue and Up)	Kids Gracie Jiu-Jitsu (All Ranks 7 and up)	Advanced Karate (Blue and Up)	Kids Gracie Jiu-Jitsu (All Ranks 7 and up)	
6:30pm to 7:30pm	Kids Gracie Jiu-Jitsu (All Ranks 7 and up)	Kids Karate All Ranks (All Ranks 7 to 12)	Kids Gracie Jiu-Jitsu (All Ranks 7 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 8:15pm	Adult Gracie Jiu-Jitsu (All Levels)	Adult Gracie Jiu-Jitsu Fundamentals	Adult Gracie Jiu-Jitsu (All Levels)	Adult Gracie Jiu-Jitsu Fundamentals	
	Leadership Team Sparring	Advanced Karate	Leadership Team Weapons Training	Advanced Karate	