

Hickory Academy 2026 Class Schedule

| | 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) | BJJ Open Mat 9am to 9:45am |
| | Kicking Cubs (Kids 4 to 6) | 10am to 10:45 Karate All Ranks |
| 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) | 11am to 11:45am Leadership Class Including weapons |
| | 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) | Special Events, Private Lessons, Birthday Parties as Scheduled. |
| 6:30pm to 7:30pm | Kids Gracie Jiu-Jitsu (All Ranks 7 and up) | Kids Karate | Kids Gracie Jiu-Jitsu (All Ranks 7 and up) | Kids Karate All Ranks (All Ranks 7 to 12) | Teen/Adult Yoga Monday and Wednesday 5:30pm to 6:15pm *Free for all members. |
| | Teen/Adult Gracie Jiu-Jitsu Fundamentals | Teen/Adult Karate Beginners and Advanced | Teen/Adult Gracie Jiu-Jitsu Fundamentals | Teen/Adult Karate Beginners and Advanced | |
| 7:30pm to 8:15pm | Adult Gracie Jiu-Jitsu (All Levels) | |
| *Adult BJJ 7:30pm to 8:30pm | Leadership Team Sparring | Teen Karate (12 years and up All Ranks) | Leadership Team Weapons Training | Teen Karate (12 years and up All Ranks) | |