

## Hickory Academy 2024 Class Schedule \*Effective September 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)	
	Leadership Training Including weapons	Adult Gracie Jiu-Jitsu Fundamentals	Leadership Training Including weapons	Adult Gracie Jiu-Jitsu Open Mat Sparring	