

# Goshin Karate & Judo Academy - 480-951-2236

Attend up to Twice a Week · Arrive Five Minutes Early for Class

**Mon**

3:45 - 4:25 PM Youth - White – Orange and up  
4:30 - 5:10 Youth - Yellow - Blue and up  
5:15 - 5:55 Youth- Green - Purple and up  
6:00 - 6:45 Youth - Brown & above  
6:50 - 7:40 Teens and Adults - Yellow & above  
7:45 - 8:35 **Cardio Fitness Kickboxing** – (Men & Women – Teens & Up)

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**Tue**

3:45 - 4:25 PM Youth - Yellow - Blue and up  
4:30 - 5:10 Youth- Green - Purple and up  
5:15 - 5:55 Youth - Brown & above  
6:00 - 6:45 Youth - White - Orange and up  
6:50 - 7:40 **Judo** - grappling (age 8 thru adult)  
7:45 - 8:35 Teen and Adults - White, Orange, Yellow, and up

**Get a Buddy Pass  
Invite a Friend**

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**Wed**

4:00 – 5:00 PM Jedi Samurai – **Padded Sword Class**  
5:15 - 5:55 Youth - White - Orange and up  
6:00 - 6:45 Youth - Yellow - Blue and up  
6:50 - 7:40 Teen and Adults - Yellow & above  
7:45 - 8:35 **Sparring** – (all ages & ranks)  
7:45 - 8:35 **Cardio Fitness Kickboxing** – (Men & Women – Teens & Up)

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**Thu**

3:45 - 4:25 PM Youth - White - Orange and up  
4:30 - 5:10 Youth - Yellow - Blue and up  
5:15 - 5:55 Youth- Green - Purple – Brown - Black  
6:00 - 6:30 **Tiny Tigers** – 3-4-5 year olds  
6:35 - 7:05 **Little Lions** – 4-5-6 year olds  
7:10 - 8:00 Teen and Adults - White, Orange, Yellow,  
8:05 - 9:15 **Judo** – grappling & throws (age 8 thru adult)

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**Fri**

3:45 - 4:25 PM Youth - Yellow - Blue and up  
4:30 - 5:10 Youth- Green - Purple and up  
5:15 - 5:55 Youth - Brown & above  
6:00 - 6:45 Youth - White - Orange and up  
6:50 - 7:40 **Family Karate Workout** - All colors (age 6 thru adults)  
7:45 - 8:35 **Goshin Girls** - 2<sup>nd</sup> Friday of the Month (age 6 thru adults)

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**Sat**

9:00 - 9:30 **Tiny Tigers** – 3-4-5 years olds  
9:35 - 10:05 **Little Lions** – 4-5-6 years olds  
10:10 - 10:55 **Family Karate Workout** white through blue (age 6 thru adults)  
11:00 - 11:45 **Family Karate Workout** green & up (age 6 thru adults)  
11:55 - 12:35 **Sparring** (all ages & ranks)  
12:45 - 1:45 Jedi Samurai – **Padded Sword Class**  
2:00 - **Women's Self Defense, Seminars and Birthday Parties**

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Last Revision – Sept.2013

Lions & Tigers age 3-5, Youth age 6-12, Adults & Teens age 13 & up

[www.GoshinKarate.com](http://www.GoshinKarate.com)