PAK'S KARATE ACADEMY



Haughton Location Class Schedule 2015

| Class | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday * |
|--------------------------|--------------|--------------|--------------|--------------|--------------|---|
| After School-Beginners | 3:30-4:30 PM | 4:30-5:30 PM | 3:30-4:30 PM | 4:30-5:30 PM | 3:30-4:30 PM | *Sat. classes may be cancelled due to school events and birthday parties |
| After School-Int/Adv | 4:30-5:30 PM | 3:30-4:30 PM | 4:30-5:30 PM | 3:30-4:30 PM | 3:30-4:30 PM | |
| Tiny Tigers—Ages 4-6 yrs | 5:30-6:00 PM | 4:00-4:30 PM | 5:30-6:00 PM | 4:00-4:30 PM | | |
| Specialty Training** | | | | | 5:30-6:30 PM | |
| Beginners | 6:00-7:00 PM | 4:30-5:30 PM | 6:00-7:00 PM | 4:30-5:30 PM | 4:30-5:30 PM | 9:00-10:00 AM |
| Intermediate | 4:30-5:30 PM | 6:30-7:30 PM | 4:30-5:30 PM | 6:30-7:30 PM | 4:30-5:30 PM | 9:00-10:00 AM |
| Advanced & Black Belt | 7:00-8:00 PM | 6:30-7:30 PM | 7:00-8:00 PM | 5:30-6:30 PM | 4:30-5:30 PM | 9:00-10:00 AM |
| Black Belt Club | | 5:30-6:30 PM | | | | |
| Tournament Training | | 7:30-8:30 PM | | 7:30-8:30 PM | | |

**Specialty Training Class Alternates on Fridays: 1st Friday - Demo Team 2nd Friday - Open Workout 3rd Friday - Black Belt Class 4th Friday - Open Workout

Teen & Adult classes

| Teen & Adult –all ranks | 7:00-8:00 PM | | 7:00-8:00 PM | | 9:00-10:00 AM |
|-------------------------------|--------------|--------------|--------------|--------------|---------------|
| Te-Geri Kickboxing Fitness | | 6:30-7:30 PM | | 6:30-7:30 PM | 8:00-9:00 AM |

1040 Bellvue Road Haughton, LA 71037 (318) 949-5675

www.pakskaratelouisiana.com



Private Lessons Available!

Need a little extra help and motivation? Want to polish up your basics or enhance your techniques? Need to catch up on classes? Is there a special skill that you need a helping hand with? Want to work one-on-one with an instructor? Please check with Ms. Geralyn to schedule a time with one of our Black Belt Success Coaches! Private lessons are scheduled when available at your convenience.

Youtube.com/user/pakskaratelouisiana1

You Tube