

KARATE CLASS SCHEDULE	
as of August 1st, 2025	
PEEWEE BEGINNER	
Monday WEST KELOWNA	5:10-5:55pm (45min)
Tuesday WEST KELOWNA	5:30-6:30pm (60min)
Wednesday KELOWNA	4:15-5:00pm (45min)
Friday KELOWNA	4:15-5:00pm (45min)
Saturday WEST KELOWNA	9:00-9:45am (45min)
KIDS INTERMEDIATE	
Monday WEST KELOWNA	4:00-5:00pm (60min)
Monday WEST KELOWNA	6:05-7:20pm (75min)
Tuesday WEST KELOWNA	5:30-6:30pm (60min)
Wednesday KELOWNA	5:10-6:10pm (60min)
Wednesday WEST KELOWNA	6:00-7:00pm (60min)
Thursday WEST KELOWNA	4:30-5:30pm (60min)
Thursday WEST KELOWNA	5:40-6:55pm (75min)
Friday KELOWNA	5:10-6:10pm (60min)
Saturday WEST KELOWNA	9:55-10:55am (60min)
KIDS ADVANCE - GREENBELT & UP	
Monday WEST KELOWNA	6:05-7:20pm (75min)
Tuesday WEST KELOWNA	6:40-7:55pm (75min)
Wednesday KELOWNA	6:20-7:35pm (75min)
Wednesday WEST KELOWNA	7:10-8:40pm (90min)
Thursday WEST KELOWNA	5:40-6:55pm (75min)
Friday KELOWNA	6:20-7:35pm (75min)
Saturday WEST KELOWNA	9:55-10:55am (60min)
Saturday WEST KELOWNA	11:05am-12:20pm (75min)
YOUTH/ADULT - BEGINNER/INTERMEDIATE/ADVANCE	
Monday(Int. ↑) WEST KELOWNA	6:05-7:20pm (75min)
Monday(Adv. ONLY) WEST KELOWNA	7:10-8:40pm (90min)
Tuesday(Beg.) WEST KELOWNA	5:30-6:30pm (60min)
Tuesday(Int. ↑) WEST KELOWNA	6:40-7:55pm (75min)
Wednesday(Beg.) KELOWNA	5:10-6:10pm (60min)
Wednesday(Beg.) WEST KELOWNA	6:00-7:00pm (60min)
Wednesday(Int.) KELOWNA	6:20-7:35pm (75min)
Wednesday(Int. ↑) WEST KELOWNA	7:10-8:40pm (90min)
Wednesday(Adv.) KELOWNA	6:20-7:50pm (90min)
Thursday(Int. ↑) WEST KELOWNA	5:40-6:55pm (75min)
Thursday(Adv. ONLY) WEST KELOWNA	7:05-8:35pm (90min)
Friday(Beg.) KELOWNA	5:10-6:10pm (60min)
Friday(Int.) KELOWNA	6:20-7:35pm (75min)
Friday(Adv.) KELOWNA	6:20-7:50pm (90min)
Saturday(Int. ↑) WEST KELOWNA	11:05am-12:20pm (75min)
FAMILY CLASS	
Monday(Adv.) WEST KELOWNA	6:05-7:20pm (75min)
Tuesday(Beg. Int.) WEST KELOWNA	5:30-6:30pm (60min)
Tuesday(Int. ↑) WEST KELOWNA	6:40-7:55pm (75min)
Wednesday(Beg. Int.) KELOWNA	5:10-6:10pm (60min)
Wednesday(Beg. Int.) WEST KELOWNA	6:00-7:00pm (60min)
Wednesday(Adv.) KELOWNA	6:20-7:35pm (75min)
Thursday(Adv.) WEST KELOWNA	5:40-6:55pm (75min)
Friday(Beg. Int.) KELOWNA	5:10-6:10pm (60min)
Friday(Adv.) KELOWNA	6:20-7:35pm (75min)
Saturday(Int. ↑) WEST KELOWNA	11:05am-12:20pm (75min)