



SHOTOKAN

ROCHESTER SHOTOKAN KARATE DOJO



TRAINING SCHEDULE

Tiny Tigers (Ages 4-6) #	Tuesday & Thursday 4:15 - 5:00 pm
Young Warriors (Ages 7-12)	Tuesday & Thursday 5:00 - 6:00 pm
Teens/Adults (Ages 13+)	Tuesday & Thursday 6:00 - 7:00 pm
All Members - Kata Only	Fridays 5:30 - 7:00 pm
All Members - Open training	Monday & Wednesday 5:00 - 6:00 pm
	Saturdays 7:30 - 9:00 am
Advanced Members (Brown/black rank)	Tues* & Thurs** 7:00 - 8:00 pm
	Saturdays 7:30* - 9:00 am

#While the dojo is under re-construction, the Tiny Tigers will be combined with the Young Warriors at the 5:00 time slot.

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