

Thousand Waves Class Schedule, Effective January 2, 2012

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|--|--|
| 12:30 Blue-Black Belts JS Nancy/S Yesica S Carmina | | 12:30 Blue-Black Belts JS Nancy | | | 10 – Juniors S Katherine S Tom S Sara S Ben | 11:30 -1 pm Self-Training for Adult Members Supervised by senior member volunteers |
| 3:45 - Juniors JS Nancy/S Jordan S Katherine S Carmina | 3:45 – Juniors K Sarah/ S Jordan S Katherine S Carmina | 3:45 – Juniors K Sarah/ S Jordan S Katherine S Carmina | 3:45 – Juniors JS Nancy S Carmina S Yesica | 3:45 – Juniors K Sarah / S Jordan S Carmina S Yesica | 11 - Youth/Teens S Katherine S Tom S Sara S Ben | |
| 4:30 - Youth/Teens S Katherine S Yesica S Jordan S Margarita | 4:30 - Youth/Teens JS Nancy S Katherine S Carmina | 4:30 - Youth/Teens K Sarah/ S Jordan S Katherine S Sarah K | 4:30 - Youth/Teens K Sarah S Carmina S Yesica | 4:30 - Youth/Teens JS Nancy / S Jordan S Carmina S Yesica S Ben | 12 Beg. White Belts Adv. White Belts Blue-Adv. Yellow Belts K Sarah S Tom S Sara 3 separate classes, alternating teachers & training spaces | |
| 5:30 – Teens/ Upstairs S Carmina S Yesica S Jordan | 5:30 - Black Belts K Sarah | 5:30 - Teens / Upstairs JS Nancy S Carmina S Yesica | 5:30 Pre & Free Sparring for Teens K Sarah Adult Pre-Sparring Blue-Adv. Yellow Belts JS Nancy | 5:30 Karate Conditioning Adv. White-Black Belts S Matt | 1:00 Pre-Sparring Blue-Adv. Yellow Belts K Sarah | |
| 5:30/Downstairs Fitness Sarah K | | 5:30/Downstairs Fitness Sarah K | | | | |
| 6:30 Beg. White Belts Adv. White Belts Blue-Adv. Yellow Belts JS Nancy / S Yesica S Carmina S Sarah K 3 separate classes, alternating teachers & training spaces | 6:30 Adv. White-Adv. Yellow Belts / Kata S Yesica | 6:30 / Upstairs Green-Black Belts / Kata K Sarah | 6:30 / Upstairs Blue-Black Belts Sensei Wai | 6:30 Black Belts JS Nancy K Sarah | 2:00 Green-Black Belts K Sarah | |
| | | 6:30 / Downstairs Beg White Belts Adv. White Belts S Yesica S Ryan | 6:30 / Downstairs Beg White Belts Adv. White Belts S Kate S Carmina | | 3:00 Kumite Green-Black Belts S Rebecca | |
| 7:30 Black Belts JS Nancy/ K Martha | 7:30 Green-Black Belts JS Nancy | 7:30 Meditation Teacher Training Sandan & Up JS Nancy/K Sarah | 7:30 Kumite Green-Black Belts S Yesica | | | |