

Doug Yates Karate Class Hours

| Xenia Class Schedule | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|----------------------|--------|---------------------------------|---|---------------------------------|---|--------|------------------------------------|--|
| | | | | | | | | 10:00 - 10:30 AM Mity Mites |
| | | 6:30 - 7:15 PM Beginner Kids | 6:00 - 6:45 PM Intermediate & Advanced Kids | 6:30 - 7:15 PM Beginner Kids | 6:00 - 6:45 PM Intermediate & Advanced Kids | | | 11:00 - 11:30 AM White & Orange 11:30 - 12:00 PM Yellow to Purple |
| | | | | | | | 6:30 - 8:30 PM Black Belt Class | 12:00 - 12:30 PM Brown & Black Belt |
| | | 7:30 - 8:15 PM Adults | 7:30 - 8:30 PM Kickboxing | 7:30 - 8:15 PM Adults | 7:30 - 8:30 PM Kickboxing | | | 12:30 - 1:30 PM Competition Team Workout |

| Piqua Class Schedule | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|--------|--------|--------------------------------|-----------|--------------------------------|--------|----------------------------------|
| | | | | | | | |
| | | | 6:00 - 6:45 PM Kids Class | | 6:00 - 6:45 PM Kids Class | | 9:30 - 10:00 AM Mighty Mites |
| | | | 7:00 - 7:45 PM Adults Class | | 7:00 - 7:45 PM Adults Class | | 10:15 - 11:15 AM Open Workout |