

Dojo Karate Monticello

For Kids, For Adults, For Life!

763-295-4919

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Owner/Head Instructor Mr. Zepeda	11:45 No/White/Gold Everyone	Black Belt Instructors Joey Dalton Denise Yaker Ben Jensen	11:45 No/White/Gold Adults		9:30 Green thru Adv. Brown Adult
	12:15 Green and Above Juniors		12:15 Green and Above Juniors		10:15 Green Thru Red Sparring Junior
	12:45 Green and Above Adults		12:45 Green and Above Adults		10:45 Advanced Sparring Adv. Red and Above Junior
Combos/Forms*	Pad Day*	Combos/Forms*	Pad Day*		11:00 INTRO
3:45 Intro / Private Class	3:45 Intro / Private class	3:45 Intro / Private Class	3:45 Intro / Private class	3:45 Intro / Private class	11:15 No / White / Gold Everyone
4:15 All Mighty Dragons	4:15 All Mighty Dragons	4:15 All Mighty Dragons	4:15 All Mighty Dragons	4:30 Kid Cardio Mighty Dragon/ Junior	11:45 Black Belt Class Everyone
4:45 No/White/Gold Junior	4:45 Green / Purple Junior	4:45 No / White / Gold Junior	4:45 Blue thru Red Junior	5:15 Basic Bo Purple & Above	
5:15 Green / Purple Junior	5:15 Blue thru red Junior	5:15 Green/ Purple Junior	5:15 Green / Purple Junior	6:00 Exodus Brown & Advanced Brown	
5:45 Blue thru Red Junior	5:45 No / White / Gold Junior	5:45 Blue thru Red Junior	5:45 No / White / Gold Junior	6:30 Adult Cardio Everyone	
6:15 Adv. Red and Above Junior	6:15 Adv. Red and Above Prefest Junior	6:15 Adv. Red and Above Juniors	6:15 Adv. Red and Above Prefest Junior		
6:45 INTRO	6:45 INTRO	6:45 INTRO	6:45 INTRO		
7:00 Adv. Red and Above Prefest Adult	7:00 No/White/Gold Adult	7:00 No/White/Gold Adult	7:00 Adv. Red and Above Prefest Adult		
7:45 Green thru Red Adults	7:30 Black Belt Everyone	7:30 Adult Cardio Everyone	7:45 Green thru Red Adults		
8:30 No/White/Gold Adult	8:00 Green and Above Sparring Adult	8:30 Green & Above Detail Adult	8:30 No/White/Gold Adult		

Effective
September 12th

***Pad Day**
Equipment Required
hand and foot pads
One Step and Self Defense

***Cardio Day**
Equipment Required
Bag Gloves
Cardio Shirt and Belt

Facebook (Dojo Karate Monticello)

Dojokarate.com