



124 Broad Street
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 www.USAKarateRI.com
 www.Facebook.com/USAKarateRI

USAKarateRI is Owned and Operated by:

Shihan Tony Abatecola, 6th Degree Black Belt Master
 Luisa Abatecola, General Manager

USA Karate RI is Member of Sullivan's USA Karate Centers

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FULL CLASS SCHEDULE (Effective Date: 1 February 2015)						
	Lil Dragons 4:00-4:30 PM		Lil Dragons 4:00-4:30 PM			<i>Fighting Tigers Team Training</i> 9:00AM – 10:15AM -Membership Required-
<p>Classes open to New Members are marked as "Beginner" & "Basic"</p> <p>Classes marked in Red are available as a separate program or as an add-on to an existing Program. They are not included in the regular tuition rates. See the office for current rates and availabilities.</p>	Beginner Kids 4:30-5:15 PM	Advanced Kids 4:30-5:15 PM	BASIC KIDS 4:30-5:15 PM	MASTERS CLUB KIDS 4:30-5:15 PM	Masters Club/BBC 4:30-5:15 PM	BLACK BELT CLUB KIDS 10:15 AM - 11:15 AM
	Intermediate Kids 5:15-6:00 PM	Intermediate Kids 5:15-6:00 PM	BLACK BELT CLUB KIDS 5:15-6:00 PM	BLACK BELT CLUB KIDS 5:15-6:00 PM	BASIC KIDS 5:15-6:00 PM	OPEN FAMILY CLASS 11:15 AM – 12:00 PM
	Advanced Kids 6:00-6:45 PM	Lil Dragons 6:00-6:30 PM	MASTERS CLUB KIDS 6:00-6:45 PM	Lil Dragons 6:00-6:30 PM	Jr Black Belts 6:00 – 7:00 PM	BLACK BELT/MASTERS CLUB ADULT 12:15 PM – 1:15 PM
	CAGE Fitness 6:45 PM – 7:15 PM	Beginner Kids 6:30-7:15 PM	CAGE Fitness 6:45 PM – 7:15 PM	BASIC KIDS 6:30-7:15 PM		
	Advanced Adults 7:30-8:15 PM	Beginner Adults 7:15-8:00 PM	BBC/MC ADULTS 7:30-8:15 PM	BASIC ADULTS 7:15-8:00 PM	Black Belts (Shodan & Above) 7:00 -9:00 PM	Reserved for Special Events
	Beginner Adults 8:15-9:00 PM	Advanced Adults 8:00-8:45 PM	BASIC ADULTS 8:15-9:00 PM	BBC/MC ADULTS 8:00-8:45 PM		
	By Appointment 8:45 PM-9:30 PM			By Appointment 8:45 PM-9:30 PM		

Lil' Dragons – Ages 3-6 ☺ Kenpo Kids – Ages 6 – 12 ☺ Adults – Ages 13 and above

CAGE Fitness – Total Body Workout created by 9x MMA Champ Matt Hughes!

PRIVATE OR SEMI-PRIVATE INSTRUCTION IS AVAILABLE * CALL FOR RATES & SCHEDULING**