

Golden Crane Class Schedule (Updated: 1/ 4/26)

The **Golden Crane Class Schedule** is also available to view **ONLINE** (visit www.goldencraneNH); Please note - on occasion our Class Schedule may be altered, due to Holiday Hours and Upcoming Special Events (please visit: www.goldencraneNH.com, and follow the 'News & Events' link for details). Questions? Please email us: goldencrane04@gmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		IN-PERSON AND ONLINE Adult & Teen Karate All Rank Levels 11:00 AM-Noon			IN-PERSON Youth & Junior* Karate All Rank Levels 9:45-10:30 AM* (*Junior dismissal @ 10:15 AM)
					IN-PERSON AND ONLINE Adult & Teen Karate All Rank Levels 10:45-11:45 AM
	IN-PERSON Youth & Junior* Karate All Rank Levels 3:45-4:30 PM (*Junior Dismissal @ 4:15 PM)	IN-PERSON Competition** Class All Ages / All Rank Levels 4:00-5:00 PM	IN-PERSON Weapons Class: Youth & Teen 4:00-5:00 PM	Special Events (as noted on the monthly activity calendar)	IN-PERSON Competition** Class Session #1: All Ages / All Rank Levels 11:45 AM-12:45 PM
IN-PERSON Youth & Junior* Karate ALL Rank Levels 5:00-5:45 PM (*Junior Dismissal @ 5:30 PM)	IN-PERSON Teen Karate All Rank Levels 4:45-5:45 PM	IN-PERSON Youth & Junior* Karate All Rank Levels 5:00-5:45 PM (*Junior dismissal @ 5:30 PM)	IN-PERSON Youth & Teen Karate All Rank Levels 5:00-5:45 PM (*Junior dismissal @ 5:30 PM)		IN-PERSON Competition** Class Session #2: Adults & Teens (Intermediate & Advanced Levels Only) 12:45-1:30 PM
IN-PERSON AND ONLINE Adult & Teen Karate ALL Rank Levels 6:00-7:00 PM	IN-PERSON AND ONLINE Iaido (Japanese Sword) Adult & Teen 6:00-7:15 PM	IN-PERSON AND ONLINE Adult & Teen Karate All Rank Levels 6:00-7:00 PM	IN-PERSON AND ONLINE Adult & Teen Karate All Rank Levels 6:00-7:00 PM	IN-PERSON AND ONLINE Adult & Teen Karate All Rank Levels 6:00-7:00 PM	Note: For Competition Iaido, and/or Weapons Classes, Students must be enrolled in each of these separate programs. For more information on enrolling in these programs, please contact the office. Thank you.
	IN-PERSON AND ONLINE Adult Karate All Rank Levels 7:20-8:20 PM	IN-PERSON Weapons Class Adult & Teen 7:10-8:10 PM		IN-PERSON AND ONLINE Iaido (Japanese Sword) Adult & Teen 7:00-8:15 PM	

Age Levels: **JUNIOR** [4 1/2 - 6 years old], **YOUTH** [6-11 years old], **TEEN** [12-15 years old], **ADULT** [16+ years old]. Please note, for training purposes, and to maximize the benefits of training, students should train with their respective AGE Levels. Questions? Please speak with an instructor.

Rank Levels / Belt Colors: **BEGINNER** = White, Purple, & Yellow Belts; **NOVICE** = Orange & Blue Belts;
INTERMEDIATE = Green & Brown Belts (3rd Kyu & 2nd Kyu); **ADVANCED** = Red (Youth), Brown (1st Kyu) & Black Belts