

Golden Crane Class Schedule (Updated: 10/ 1/25)

The **Golden Crane Class Schedule** is also available to view **ONLINE** (visit www.goldencraneNH.com); 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 Youth & Junior* Karate All Rank Levels 9:45-10:30 AM* <i>(*Junior dismissal @ 10:15 AM)</i>
					IN-PERSON <u>AND</u> 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 <i>(*Junior Dismissal @ 4:15 PM)</i>	IN-PERSON Competition** Class All Ages / All Levels 4:00-5:00 PM	IN-PERSON Weapons Class: Youth & Teen 4:00-5:00 PM	Special Events <i>(as noted on the monthly activity calendar)</i>	IN-PERSON Competition** Class All Ages / All Levels 11:45 AM-12:45 PM
IN-PERSON Youth & Junior* Karate ALL Rank Levels 5:00-5:45 PM <i>(*Junior Dismissal @ 5:30 PM)</i>	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 <i>(*Junior dismissal @ 5:30 PM)</i>	IN-PERSON Youth & Teen Karate All Rank Levels 5:00-5:45 PM <i>(*Junior dismissal @ 5:30 PM)</i>		IN-PERSON Competition** Class Extension (cardio/strength training) 12:45-1:15 PM
IN-PERSON <u>AND</u> ONLINE Adult & Teen Karate ALL Rank Levels 6:00-7:00 PM	IN-PERSON <u>AND</u> ONLINE Iaido (Japanese Sword) Adult & Teen 6:00-7:15 PM	IN-PERSON <u>AND</u> ONLINE Adult & Teen Karate All Rank Levels 6:00-7:00 PM	IN-PERSON <u>AND</u> ONLINE Adult & Teen Karate All Rank Levels 6:00-7:00 PM	IN-PERSON <u>AND</u> 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 <u>AND</u> ONLINE Adult Karate All Rank Levels 7:20-8:20 PM	IN-PERSON Weapons Class Adult & Teen 7:10-8:10 PM		IN-PERSON <u>AND</u> ONLINE Iaido (Japanese Sword) Adult & Teen 6:00-7:15 PM	

Age Levels: **JUNIOR** [4 ½ - 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.

Belt Colors / Rank Levels: White, Purple, & Yellow Belts = **BEGINNER Level**; Orange & Blue Belts = **NOVICE Level**; Green & Brown Belts = **INTERMEDIATE Level**; Red (Youth) & Black Belts = **ADVANCED Level**.

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Website: www.GoldenCraneNH.com