

# Pro Karate Center



Isshinryu Karate

# Pro Karate Center

Since 1975

**"We Teach Respect Everyday"**

Effective November 1<sup>st</sup> 2010

843 County Rd. #1, Palm Harbor,  
FL. 34683  
(727) 734 - 9659  
[www.ProkarateCenter.com](http://www.ProkarateCenter.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Tigers</b> Ages 3-6 4:15 – 4:45pm</p>	<p><b>Adults</b> White - Black 12:00 – 1:pm</p> <p><b>New Tigers Class</b> Ages 3-6 3:45pm-4:15pm</p>	<p><b>Tigers</b> Ages 3-6 4:15 – 4:45pm</p>	<p><b>Adults</b> White - Black 12:00 – 1:pm</p> <p><b>New Tigers Class</b> Ages 3-6 3:45pm-4:15pm</p>	<p><b>Exceptional Kids Class</b> 3:30pm – 4:00pm</p>	<p><b>Family Class</b>  <b>All Ranks</b> <b>All Ages</b> 12:00-1:00pm</p>
<p><b>Children Intermediate</b> Blue-Brown Stripe Sparring/Weapons /Kata 5:00 – 5:45pm</p>	<p><b>Children Beginners</b> White-Blue Stripe 4:30-5:15pm</p>	<p><b>Children Advanced</b> Brown – Black 5:00-5:45pm</p>	<p><b>Children Beginners</b> White-Blue Stripe 4:30-5:15pm</p>	<p>Open Mat Class Jr. Black Belts &amp; Black Belts only! 4:00pm – 5:00pm</p>	<p><b>Tournament Team Practice</b> <b>BLACK BELT CLUB</b> <b>Black Belt Candidate Class</b> Check Website for dates</p>
<p><b>Children Advanced</b> Brown – Black Sparring/Kata Weapons 5:50 – 6:35 pm</p>	<p><b>Children Intermediate</b> Blue-Brown Stripe 5:20 – 6:05pm</p>	<p><b>Children Beginners</b> White- Stripe 5:50pm- 6:35pm</p>	<p><b>Children Intermediate</b> Blue-Brown Stripe 5:20 – 6:05pm</p>	<p><b>Children Sparring</b> Orange &amp; up 5:00-5:45pm</p>	<p><b>PARENTS NIGHT OUT!!!</b>  Check Website for dates Sign-up at front desk!!!</p>
<p><b>Adults &amp; Teens</b>  White – Black 6:45 – 7:45pm</p>	<p><b>Children Advanced</b> Brown – Black 6:10-6:55pm</p>	<p><b>Children Intermediate</b> Blue-Brown Stripe 6:40 – 7:25pm</p> <hr/> <p>Teen/Adult Class 6:45-7:45pm Hans dojo</p>	<p><b>Children Advanced</b> Brown – Black 6:10-6:55pm</p>	<p><b>Children (Advanced)</b> <b>2<sup>nd</sup> Kyu &amp; up</b>  Weapons  5:50 – 6:35pm</p>	<p><b>Refer a Friend !!!</b>  Give them <b>FREE</b> 2 week pass!  See Miss June for passes!</p>
<p><b>Teen &amp; Adult SPARRING</b> 1<sup>st</sup> Monday of every month @ 7:45 PM</p>	<p><b>Teenagers</b> White – Black Belt 7:00-8:00pm</p>	<p><b>Teen / Adult Weapons</b> 1<sup>st</sup> Kyu &amp; up 7:45-8:45pm</p>	<p><b>Teenagers / Adults</b> White – Black Belt 7:00-8:00pm</p>	<p><b>Children Beginners</b> White-Blue Stripe 6:40-7:25pm</p>	<p><a href="http://www.ProKarateCenter.com">www.ProKarateCenter.com</a> Register on line to be on our mailing list for updates!!</p>

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