

Schedule
Effective
1/2/2012

QUEST

Karate

Chief Instructor
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We're on a Quest to make you, your Best!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:30 - 9:00 am Step	7:00 - 8:00 am Teen & Adults
9:15 - 10:15 am Boot Camp	9:15 - 10:15 am Cardio Quest	9:30 - 10:30 am Teen & Adults	9:15 - 10:15 am Cardio Quest	9:15 - 10:15 am Strength & Sculpting	8:00 - 9:00 am Cardio Quest
					9:00 - 9:30 am Commandos
					9:45 - 10:30 am Kids
	4:00 - 4:30 pm Tiny Tigers		4:00 - 4:30 pm Tiny Tigers		10:45 - 11:30 pm Little Dragons
4:00 - 4:45 pm Little Dragons	4:30 - 5:15 pm Little Dragons		4:30 - 5:15 pm Little Dragons		11:30 - 12:00 pm Tiny Tigers
4:45 - 5:30 pm Kids	5:15 - 6:00 pm Kids		5:15 - 6:00 pm Kids		
5:30 - 6:30 pm Private Classes	6:00 - 6:45 pm Advanced Kids		6:00 - 6:45 pm Advanced Kids		
6:30 - 7:30 pm Cardio Quest	6:45 - 7:30 pm Jr. Purple, Brown & Black		6:45 - 7:45 pm Teen & Adults		
7:30 - 8:30 pm Fight Club	7:30 - 8:30 pm Teen & Adults		7:45 - 8:45 pm Black Belt Class		
	8:30 - 9:30 pm Adults				

All Students must call to be excused from class!

DRESS CODE

All uniforms must be clean and presentable.
Sleeves and pant legs must be worn so as to not interfere with class.
(either folded or tightly hemmed)

Long hair must be pulled back.

CLASS DESCRIPTIONS



Tiny Tigers	3 - 5 years old	30 minute class. Promotes listening, fine motor & socialization skills
Little Dragons	5 - 7 years old	45 minute class. Promotes self-discipline, self-control, focus, exercise and respect.
Kids	8 - 12 years old	8 ³⁰ - 9 ⁰⁰ am Step 45 minute class. Promotes confidence, respect and a "yes I can" attitude.
Advanced Kids	8 - 12 years old Orange Belt w/2 stripes & up	45 minute class. More advanced techniques and kata introduced with a major focus on self-discipline.
Teens	13 - 17 years old	1 hour class. This class focuses on building self-esteem, and the inner strength to say NO to peer pressure.
Adults	18 years & up	1 hour class. Focus here is self-defense, exercise and fun. Reduces stress and allows you to reach goals that you thought were impossible.
Black Belt Class		A chance for higher ranks to work together on more advanced moves
Commandos		30 minute class. For students with special needs.
Cardio Power		30 minute class. Cardio step class taught by Dawn Guida
Strength & Sculpting		1 hour class. A combination of free weights, bands and exercise balls for an overall body workout.
Cardio Interval		1 hour class. Short segments of high intensity cardio, combined with recovery segments of upper body moves. This class can be modified for the beginner.