

# Karate American Osseo

Osseo Fitness Center - Osseo, Wisconsin (715) 210-5308  
Evening Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	
5:45-6:00	INTRO LESSONS		SETUP YOUR PRIVATE LESSONS TODAY!			
6:00-6:45	BEGINNER BELT KIDS			BEGINNER BELT KIDS	<p><i>Check calendar for Tests and details on events!</i></p> <p><b>STYLE &amp; BELT RANKS</b></p> <p><b>American Freestyle Karate</b></p> <p><b>Beginner</b> White Gold Orange</p> <p><b>Intermediate</b> Green Purple Purple Stripe</p> <p><b>Advanced</b> Blue Blue Stripe Red Red Stripe Brown Brown Stripe Black</p>	
6:45-7:30	ALL BELT KIDS SPARRING (BRING YOUR OWN GEAR)	<p>MONDAY BO STAFF/ESKRIMA 8:15-8:25PM</p>	30MIN BLOCKS	BEGINNER BELT KIDS		
7:30-8:15	INTERMEDIATE & ADVANCED BELT ALL AGES		INTERMEDIATE & ADVANCED BELT ALL BELTS			
8:15-9:00	ALL BELT ADULTS		ALL BELT ADULTS			
<p>.....</p> <p><b>Black Belt Club Members</b></p> <p><b>We now have a Sweet Sparring Uniform! Ask Mr. Huff</b></p> <p>.....</p>						

*Please talk to your Head Instructor about your gear requirements!*

**Kick'n it Special!**  
**1 Month of Karate Lessons & Student Uniform!**  
**\$69.00 (value \$145.00)**  
 New students only, one pass per person.  
**Call today 715-210-5308**

Black Belt Club members may go to any of the (bbc classes) at the Altoona studio!

**Thanks, Mr. Huff**

Info online at the KA website [www.karate-american.com](http://www.karate-american.com) or email me at [info@karate-american.com](mailto:info@karate-american.com)