

POOLER KARATE

Weekly Class Schedule

Updated May 21, 2026

Training mats: Red Mat Grey Mat Green Mat Times shown in AM/PM · Pick your class by belt & program

MON	TUE	WED	THU &	FRI	SAT	SUN
GREEN 11:00 AM–11:50 AM Homeschool Kids Beginner · Krav Maga	GREY 11:30 AM–1:00 PM Adult · BJJ	RED 3:00 PM–3:30 PM Advanced (Blue/Red) · Lil' Ninjas	GREY 12:00 PM–1:30 PM Adult · BJJ	GREEN 11:00 AM–11:50 AM Homeschool Kids Beginner · Krav Maga	RED 11:00 AM–11:30 AM Beginner (White/Orange) · Lil' Ninjas	No classes
GREEN 12:00 PM–12:50 PM Homeschool Kids Advanced · Krav Maga	RED 3:00 PM–3:30 PM Beginner (White/Orange) · Lil' Ninjas	GREY 3:00 PM–3:30 PM Lil' Rollers (Beginner) · BJJ	GREEN 1:00 PM–2:00 PM Homeschool Kids BBC · Krav Maga	GREEN 12:00 PM–12:50 PM Homeschool Kids Advanced · Krav Maga	GREY 11:00 AM–12:00 PM Homeschool Jiu-Jitsu (6-16) · BJJ	
GREY 2:00 PM–3:00 PM Homeschool Jiu-Jitsu (6-16) · BJJ	GREY 3:00 PM–3:30 PM Lil' Rollers (Advanced) · BJJ	RED 3:30 PM–4:00 PM Advanced (Blue/Red) · Lil' Ninjas	RED 3:00 PM–3:30 PM Beginner (White/Orange) · Lil' Ninjas	GREY 4:30 PM–5:15 PM Youth Beginner (6-12) · BJJ	GREY 11:00 AM–12:00 PM Youth All Ranks · BJJ	
RED 3:00 PM–3:30 PM Advanced (Blue/Red) · Lil' Ninjas	RED 3:30 PM–4:00 PM Beginner (White/Orange) · Lil' Ninjas	GREY 3:30 PM–3:00 PM Lil' Rollers (Beginner) · BJJ	GREY 3:00 PM–3:30 PM Lil' Rollers (Advanced) · BJJ	RED 4:40 PM–5:25 PM Orange · Juniors	RED 11:30 AM–12:00 PM Advanced (Blue/Red) · Lil' Ninjas	
GREY 3:00 PM–3:30 PM Lil' Rollers (Beginner) · BJJ	GREY 3:30 PM–4:00 PM Lil' Rollers (Advanced) · BJJ	RED 4:00 PM–4:30 PM Advanced (Blue/Red) · Lil' Ninjas	RED 3:30 PM–4:00 PM Beginner (White/Orange) · Lil' Ninjas	RED 4:40 PM–5:25 PM Blue · Juniors	GREY 1:00 PM–1:50 PM Beginner Adult · Muay Thai	
RED 3:30 PM–4:00 PM Advanced (Blue/Red) · Lil' Ninjas	RED 4:00 PM–4:30 PM Beginner (White/Orange) · Lil' Ninjas	GREY 4:00 PM–4:30 PM Lil' Rollers (Beginner) · BJJ	GREY 3:30 PM–4:00 PM Lil' Rollers (Advanced) · BJJ	GREY 5:15 PM–6:00 PM Youth Advanced · BJJ	GREY 2:00 PM–3:00 PM Intermediate-(invite only) · Muay Thai	
GREY 3:30 PM–4:00 PM Lil' Rollers (Beginner) · BJJ	GREY 4:00 PM–4:30 PM Lil' Rollers (Advanced) · BJJ	GREY 4:30 PM–5:15 PM Youth Beginner (6-12) · BJJ	RED 4:00 PM–4:30 PM Beginner (White/Orange) · Lil' Ninjas	RED 5:25 PM–6:10 PM Green/Red · Juniors		
RED 4:00 PM–4:30 PM Advanced (Blue/Red) · Lil' Ninjas	RED 4:40 PM–5:25 PM White · Juniors	RED 4:40 PM–5:25 PM White · Juniors	GREY 4:00 PM–4:30 PM Lil' Rollers (Advanced) · BJJ	GREY 6:00 PM–8:00 PM Adult · BJJ		
GREY 4:00 PM–4:30 PM Lil' Rollers (Beginner) · BJJ	GREY 4:30 PM–5:15 PM Youth Fundamentals · BJJ	GREY 5:15 PM–6:00 PM Youth Advanced · BJJ	GREY 4:30 PM–5:15 PM Youth Fundamentals · BJJ	GREEN 6:00 PM–6:45 PM KravHit (All Ranks) · Krav Maga		
RED 4:40 PM–5:25 PM White · Juniors	RED 5:35 PM–6:20 PM Yellow · Juniors	RED 5:35 PM–6:20 PM Yellow · Juniors	RED 4:40 PM–5:25 PM Yellow · Juniors	RED 6:10 PM–6:55 PM Black Belt Club · Black Belt / Mas		
GREY 4:30 PM–5:15 PM Youth Beginner (6-12) · BJJ	RED 5:35 PM–6:20 PM Purple · Juniors	GREY 5:35 PM–6:20 PM Purple · Juniors	GREY 4:40 PM–5:25 PM Purple · Juniors	RED 6:55 PM–7:40 PM Jr.Sparring Class · Juniors		
RED 4:40 PM–5:25 PM White · Juniors	GREY 6:00 PM–7:30 PM Adult Advanced · BJJ	GREY 6:00 PM–7:00 PM Youth Competition Team · BJJ	GREY 5:25 PM–6:10 PM Black Belt Team Workout · Black Belt / Mas	GREY 6:55 PM–7:40 PM Adult Sparring Class · Adult Karate		
GREY 5:15 PM–6:00 PM Youth Advanced · BJJ	GREEN 6:00 PM–6:50 PM Blue-Brown · Krav Maga	GREY 6:00 PM–7:00 PM Ladies Night · BJJ	RED 5:35 PM–6:20 PM Orange · Juniors	GREEN 6:55 PM–7:45 PM Black Belt · Krav Maga		
RED 5:35 PM–6:20 PM Green/Red · Juniors	RED 6:30 PM–7:15 PM Orange · Juniors	GREEN 6:00 PM–6:50 PM White/Yellow · Krav Maga	RED 5:35 PM–6:20 PM Blue · Juniors	GREEN 6:55 PM–7:40 PM Fight Club · Krav Maga		
GREY 6:00 PM–7:00 PM Youth Competition Team · BJJ	RED 6:30 PM–7:15 PM Blue · Juniors	RED 6:30 PM–7:20 PM Black Belt · Black Belt / Mas	GREEN 6:00 PM–6:50 PM Blue-Brown · Krav Maga			
GREY 6:00 PM–7:00 PM Ladies Night · BJJ	GREY 6:40 PM–7:30 PM Masters Club · Black Belt / Mas	GREEN 6:55 PM–7:45 PM Orange/Green · Krav Maga	GREEN 6:00 PM–6:50 PM Black Belt Team · Krav Maga			
GREEN 6:00 PM–6:50 PM White/Yellow · Krav Maga	GREEN 6:55 PM–7:45 PM Fight Club · Krav Maga	GREY 7:00 PM–8:30 PM Adult · BJJ	+6 more classes			
+4 more classes	+3 more classes	+2 more classes				