Zanshin Dojo Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | 9:00 AM | Saturday |
|--------------|--|--|---|---|---|---------------------------------------|
| | | | | | 3.007 | |
| | | | | | | |
| Ninja Class | | Ninja Class | Ninja Class | | | |
| 4 – 4.40pm | | · | 4 – 4.40pm | Ninja/Kids | | Ninjas Class |
| | | | | 4:30 – 5pm | 10:00 AM | 9:30 – 10am |
| Kids Class | | | Kids Class | | | Kids Class |
| 3 - 3.43piii | Ninja/Kids | | 3 - 3.43piii | | | 10:15 – 10:45am |
| | 5:30 - 6pm | | | | 11:00 AM | |
| | Adult Karate | | Adult Karate | | | Adult Karate (all |
| • | • | • | (brown belt and above) | | | levels) |
| 6 - 7:30pm | 6 - 7:15pm | 6 - 7:30pm | 6 - 7:15pm | | 12:00 PM | 11am – 12:30pm |
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| | 4 – 4:40pm Kids Class 5 - 5:45pm Adult Karate (all levels) | Kids Class 5 - 5:45pm Ninja/Kids 5:30 - 6pm Adult Karate (all levels) Adult Karate (white belt - purple belt) | 4 - 4:40pm 4 - 4:40pm Kids Class 4:45 - 5:15pm Kids Class 4:45 - 5:15pm Ninja/Kids 5:30 - 6pm Adult Karate (white belt - purple belt) Adult Karate (all levels) | 4 - 4:40pm 4 - 4:40pm 4 - 4:40pm Kids Class 4:45 - 5:15pm Kids Class 5 - 5:45pm Ninja/Kids 5 - 5:45pm Ninja/Kids 5:30 - 6pm Adult Karate (all levels) Adult Karate (brown belt and above) | 4 - 4:40pm 4 - 4:40pm Ninja/Kids Kids Class 4:45 - 5:15pm Kids Class 5 - 5:45pm Ninja/Kids 5 - 5:45pm Ninja/Kids 5:30 - 6pm Adult Karate (all levels) Adult Karate (brown belt and above) | Ninja Class 4 - 4:40pm Ninja Class |

| Indoor | |
|---------|--|
| Outdoor | |

All classes simulcast to Zoom.

To join a virtual class via Zoom, go to www.sfgoju.com/join-class Outdoor classes held in Golden Gate Park across from the dojo.

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