

Fall Schedule

Midwest Karate & Yoga Assoc. St. Louis Park

3949 Meadowbrook Road, St. Louis Park, MN 55426 tel 612 272-1238 web page www.mkaslp.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:45-9:45am Yoga	
9:30-10:30 Yoga-Bells		9:30-10:30 Yoga-Bells		9:30-10:30 Yoga-Bells	10:00-11:30am Regular Karate	
					Yoga-Bells 10:15-11:15	
5:00-5:50 pm Kids Karate			5:00-5:50 pm Kids Karate		Core Strength 11:30-12:30pm *Kettlebell*	
6:00-7:00pm *Kettlebell*	6:00-7:00 pm Interval Training	6:00-7:00 Yoga-Bells	6:00-7:00 pm Interval Training			
6:00-7:30 pm Karate all levels	6:00-7:00pm Beginner Karate	7:15-8:15 pm Intermediate Karate	6:00-7:00pm Beginner Karate	6:00-7:15 pm Karate & Strength		Yoga-Bells 6:00-7:00 pm
7:45-9:00pm Yoga			7:00-8:30pm Kata for Self Defense	7:30-8:45 pm Yoga Level II		Yoga 7:15-8:30pm Level II

Karate & Yoga Rates

Adult	\$90.00
Children	\$80.00
Children (one class a week)	\$70.00
Drop in rate	\$12.00
Family Rate	1st person full price 2nd person \$40.00 3rd person \$20.00

Kettlebells, Yoga & Yoga-Bells Punch card
 5 punch card \$55.00 10 punch card \$100.00
 Individual training sessions \$80.00 per hour