

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
Interval Training 6:15-7:00 am		Interval Training 6:15-7:00 am			8:45-9:45am Yoga	Yoga 8:00-9:00 am
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			
6:00-7:00 Yoga-Bells		6:00-7:00 Yoga-Bells				
6:00-7:30 pm Karate all levels	6:00-7:00pm Beginner Karate	6:00-7:00 pm Karate	6:00-7:00pm Beginner Karate			
7:45-9:00pm Yoga			7:00-8:30pm Kata for Self Defense	7:30-8:45 pm Yoga Level II		

Karate & Yoga Rates

Adult \$90.00

Children \$80.00

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 10punch card \$100.00

Individual training sessions \$80.00 per hour