



**BOCA RATON
KARATE & KICKBOXING
ACADEMY**

9144 GLADES ROAD

Boca Raton, FL 33434

561-926-1846 www.brkka.com

*Strength for the
Mind, Body & Spirit*

Head Instructor:
Douglas Tate
Program Director:
Patty Weir

*2017 Calendar as of
February 6, 2017*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	Adult Kickboxing 10:00 - 10:45 am		Adult Kickboxing 10:00 - 10:45 am				Private Lessons are 30 to 60 minute sessions, available via appointment throughout the week. Contact us for availability and pricing.
Kids Kenpo "Dragonflies" 5:15 - 5:45 pm	Kids Kenpo "Dragonflies" 5:15 - 5:45 pm		Kids Kenpo "Dragonflies" 5:15 - 5:45 pm		Kids Kenpo "Dragonflies" 10:00 - 10:30 am	All Ages Workout 11:00 am - Noon	
Youth Kenpo "All Rank" 5:45 - 6:30 pm	Youth Kenpo "All Rank" 5:45 - 6:30 pm	Youth Kenpo "All Rank" 5:45 - 6:30 pm	Youth Kenpo "All Rank" 5:45 - 6:30 pm		Youth Kenpo "All Rank" 10:30 - 11:15 am		
Adult Kickboxing 6:30 - 7:15 pm	Grappling 6:30 - 7:15 pm	Youth Kenpo "Intermediate" 6:30 - 7:15 pm	Youth Kenpo "Intermediate" 6:30 - 7:15 pm		Adult Kickboxing 11:15 am - Noon		KENPO KARATE SELF DEFENSE KICKBOXING GRAPPLING FITNESS PERSONAL TRAINING MMA
All Ages Workout 6:30 - 7:15 pm	All Ages Workout 6:30 - 7:15 pm		All Ages Workout 6:30 - 7:15 pm				
	Adult Kickboxing 7:15 - 8:00 pm	Adult Striking 7:15 - 8:00 pm	Adult Kickboxing 7:15 - 8:00 pm				
	<div style="display: flex; justify-content: space-around; align-items: center;"> Dragonflies (ages 4-6) * Youth (ages 7-14) * Adults (ages 15 and up) </div> <hr style="width: 50%; margin: 5px auto;"/> <div style="text-align: center;"> <p>All rank (white belts and up) * Intermediate (orange belt - blue belt) *</p> <p>Advanced (Green belt - Black Belt)</p> </div>						
<div style="display: flex; align-items: center;"> <p>Let us Host your Birthday Party! We do the Work - You Enjoy the Day! Contact either Mr. Doug or Ms. Patty for details.</p> </div>							

