

Nishime Martial Arts - Florence

Updated & Effective Jan 3, 2024

	Mon	Tue	Wed	Thurs	Fri	Sat
9:00 AM
10:00 AM	Karate Mighty Mites (4-6yr) & White belts (7yr+) 9:30 - 10:00am
11:00 AM	Karate Yellow to Black belt 10:10-10:50am
4:00 PM
5:00 PM	Karate Mighty Mites (4-6yr) & White belts (7yr+) 4:30 - 5:00pm	.	Karate Mighty Mites (4-6yr) & White belts (7yr+) 4:30 - 5:00pm	Karate Mighty Mites (4-6yr) & White belts (7yr+) 4:30 - 5:00pm	.	.
6:00 PM	Novice Karate (Yellow, Orange, & Blue belts) 5:10 - 5:50pm	Karate Novice (Yellow, Orange, & Blue belts) & Intermediate (Green belts) 5 - 5:40pm	Karate Novice (Yellow, Orange, & Blue belts) & Intermediate (Green belts) 5:05 - 5:45pm	Novice Karate (Yellow, Orange, & Blue belts) 5:10 - 5:50pm	.	.
7:00 PM	Karate Intermediate (Green belts) 6 - 6:40pm	Karate Mighty Mites (4-6yr) & White belts (7yr+) 5:50 - 6:20pm	Advanced Karate (Brown and Black belts) 5:50 - 6:30pm	Karate Intermediate (Green belts) 6 - 6:40pm	.	.
8:00 PM	Kids BJJ All belts 6:45 - 7:15pm	Advanced Karate (Brown and Black belts) 6:25 - 7:10pm	Kids BJJ All belts 6:35 - 7:10pm	Advanced Karate (Brown and Black belts) 6:45 - 7:30pm	.	.
	Adult BJJ 7:15 - 8:15pm	.	Adult BJJ 7:15 - 8:15pm	.	.	.
