



AMAZING KARATE CLASSES FOR YOUR CHILD TO ENJOY!

WITH THE HELP OF OUR MUSCLE
ZOO FRIENDS, LEARN & PRACTICE
KARATE IN THIS HIGH ENERGY,
SKILL-BASED CLASS. HI-YAH!



PRACTICE

- AGILITY
- MEMORY
- BALANCE
- COORDINATION



PERFORM

- KARATE FUNDAMENTALS
- PERSEVERANCE
- LIFE SKILLS



ACHIEVE

- DISCIPLINE
- CONFIDENCE
- FOCUS
- CONTROL

CLASS OVERVIEW



WARM UP



MAT CHAT



SKILL ONE



SKILL TWO



COOL DOWN

JOIN OUR WEEKLY CLASSES *at Little Hearts Preschool*

Registration is open for our upcoming
Karate Zoo class. See details below.

Date: 11/12/2025 - 1/14/26 - Wednesdays
No class 11/26, 12/24, 12/31

Time: 12:00 PM - 1:00 PM

Price: \$105.00/session - 7 classes

Annual Registration: \$30 *includes T-shirt*

Address: Little Hearts Preschool
7904 Princeton Rd

ALL EQUIPMENT WILL BE PROVIDED.

Enroll with QR code Below

SEE FULL AGE BREAKDOWN AND
SCHEDULE BY SCANNING



CONTACT US:
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**LEARN
MORE &
ENROLL**

