

# Nishime Family Karate

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Bright, IN 47025  
812-637-5425

Sensei Ben Nishime  
Bright Dojo  
[www.nishimekarate.com](http://www.nishimekarate.com)

## Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner Mighty Mites	5:05	4:30		5:00		10:15
Intermediate Mighty Mites			5:20	5:35		10:15
Advanced Mighty Mites			5:20	5:35		10:15
Little Leaders Weapons			5:20			

## White Belts

Beginner Basic & Black Belt Club	6:50	5:00	6:00			11:00
Beginner Black Belt Club Sparring	7:20		6:30			11:30
Beginner Leadership Weapons	6:30		6:50			

Novice Black Belt Club	5:40		7:10			11:50
Novice Leadership Weapons	6:30		6:50			

Intermediate Black Belt Club		5:45		6:10		11:50
Intermediate Leadership Weapons		6:35		6:55		

Advanced Black Belt Club		6:55		7:10		11:50
Advanced Leadership Weapons		6:35		6:55		

Leadership Sport Karate	8:05	8:00		8:00		
All Leadership	7:35		8:00			12:45
Cardio Kickboxing	8:45	6:00	8:30			
Yoga	9:30	9:30am		9:30am		8:45am

## Key:

Beginner - Yellow and Orange Belts (white by invitation)

Novice - Blue and Green Belts

Intermediate - Brown Belts

Advanced - Black Belts