

Nishime Martial Arts - Cincinnati

Updated & Effective February 1, 2025

	Mon	Tue	Wed	Thurs	Fri	Sat
9:00 AM	Kids - Karate (Ages 4 & 5) 9 - 9:30am Room 1

10:00 AM	Kids - Karate (Ages 6 & 7) 9:45 - 10:15am Room 1
	Adult BJJ Open Class 10:00 - 11am Room 2
11:00 AM	Karate Ages 8 and up All belts 10:30-11:15am Room 1

12:00 PM	Weapons 11:30am - 12pm Room 1
	Karate Competition Team 12 - 1:30pm Room 1

4:00 PM

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5:00 PM	Kids - Karate (Ages 4 - 7) 5:00 - 5:30pm Room 2	Kids - Karate (Ages 4 & 7) 5 - 5:30pm Room 1	Kids - Karate (Ages 4 - 7) 5:10 - 5:40pm Room 1	Kids - Karate (Ages 4 & 5) 5 - 5:30pm Room 1	.	.

6:00 PM	Kids - Karate All belts 5:45 - 6:30pm Room 1	Kids - Karate (Ages 4 & 5) 5:40 - 6:10pm Room 1	Weapons 5:50pm - 6:20pm Room 1	Kids - Karate (Ages 6 & 7) 5:40 - 6:10pm Room 1	.	.
	Adult Karate All belts 6:35 - 7:20pm Room 1	Kids - BJJ 6:30 - 7:15pm Room 2	Karate Ages 8 and up All belts 6:20 - 7pm Room 1	Kids - BJJ 6:30 - 7:15pm Room 2	Karate Ages 8 and up Yellow and up 6:20 - 7pm Room 1	Kids - BJJ 6:15 - 7pm Room 2
7:00 PM
	.	Adult BJJ 7:15 - 8:15pm Room 1	Adult Karate All belts 7:15 - 8:15pm Room 1	Adult BJJ 7:15 - 8:15pm Room 1	Karate Ages 8 and up Brown & Black 7:15 - 8:15pm Room 2	.
8:00 PM	Adult BJJ 7:30 - 8:30pm Room 1
