



Open Hand Kempo

LESSON SCHEDULE



1895-I SE TV Hwy. Hillsboro, Or. 97123
(503) 992-6349

www.openhandkempo.com **like us on Facebook** 📱

Kempo Group Lesson Times (1 - 2 times per week)

Pee Wee (Ages 4-7)

Mon, Wed, Fri: 4:30pm - 5:15pm, **Sat:** 11:00am - 11:45am
Tue: 4:30 (for purple and up) **thu:**4:00 (yellow and orange)

Kids (Ages 8-13)

- Beginners (White-Purple)

Mon, Wed, Fri: 5:30pm - 6:30pm, **Sat:** 12:00pm - 1:00pm

- Advanced (purple & Above)

Tue, Thu: 5:30pm - 6:30pm, **Sat:** 12:00pm - 1:00pm

Adults (14 and up)

- All Ranks

Mon, Wed, Fri: 7:00pm - 8:00pm

Tue, Thu: 12:00pm - 1:00pm, **Sat:** 10:00am - 10:50am

Saturday class it's mostly a workout class and it's open for parents who just want to get a good morning workout

Spar (Adults and kids) ***Must be purple belt or above***

Sat: 1:00pm - 2:00pm

KEMPO RULES!!!

Unlimited group and private lesson packages available

See your instructor for details!