



K+ LIVE NORTH AMERICA

EAST COAST (Boston local time)	MONDAY - FRIDAY
8:30	PA Main Class A - Integrated Skills
10:00	Break
10:15	AM Main Class B - Integrated Skills
11:45	Lunch Break
12:15	Specific skills*
13:30	Break
14:00	PM K+ Clubs**
15:30	Social Activities

WEST COAST (Los Angeles local time)	MONDAY - FRIDAY
8:30	PA Main Class A - Integrated Skills
10:00	Break
10:15	AM Main Class B - Integrated Skills + AM K+ Clubs**
11:45	Lunch Break
12:15	Specific Skills*
13:30	PM Main Class A - Integrated Skills + PM K+ Clubs**
15:30	PM Main Class B - Integrated Skills
16:00	Social Activities

*Specific skill classes are only available in intensive courses

**K+ Clubs are only available in semi-intensive and intensive courses

Please use this tool to calculate your timezone - www.thetimezoneconverter.com