



K+ LIVE NORTH AMERICA

OPTION A: GMT-5	MONDAY - FRIDAY
8:30	AM 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**

OPTION B: GMT-8	MONDAY - FRIDAY
8:30	AM 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	PM K+ Clubs**

*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