



FALL CLASS SCHEDULE

AUGUST – DECEMBER 2022

LITTLE DRAGONS

TUESDAY & THURSDAY (upstairs)

4:00 – 4:45 PM **BEGINNING** white & white/orange belts

4:45 – 5:30 PM **ADVANCED** white/green, white/purple, & white/blue belts

KID KICKERS

TUESDAY & THURSDAY (downstairs)

4:00 – 4:45 PM **BEGINNING** white – white/yellow belts

4:45 – 5:30 PM **ADVANCED** green/white – blue/yellow belts

YOUTH MARTIAL ARTS

MONDAY & WEDNESDAY

4:00 – 4:55 PM **BEGINNING** white – yellow/white belts

5:00 – 5:55 PM **INTERMEDIATE** yellow – green belts

6:00 – 6:55 PM **ADVANCED** green/black – blue/black belts

ADULT MARTIAL ARTS

TUESDAY & THURSDAY

5:30 – 6:45 PM **LOW BELT** white – yellow/black belts

6:45 – 8:00 PM **HIGH BELT** green – all red + red/white belts

8:00 – 8:30 PM Open Practice

RED/BLACK & BLACK BELTS

WEDNESDAY & SATURDAY

7:00 – 8:00 PM WEDNESDAY

9:30 – 10:30 AM SATURDAY

COMPETITION TRAINING

MONDAY, WEDNESDAY & SATURDAY

7:15 – 8:30 PM MONDAY & WEDNESDAY

8:00 – 9:25 AM SATURDAY

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