

**EFFECTIVE DATE:** Wednesday October 26th 2016

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|---|---|---|--|
| 5:00 TO 5:30<br>LITTLE DRAGONS<br>ALL BELTS                  | 5:00 TO 5:30<br>LITTLE DRAGONS<br>ALL BELTS                  | 5:00 TO 5:30<br>LITTLE DRAGONS<br>ALL BELTS                                 | 4:45 TO 5:30<br>ALL AGE<br>RED THRU BLACK   | 5:00 TO 5:30<br>LITTLE DRAGONS<br>ALL BELTS                   | 10:00 TO 10:30AM<br>LITTLE DRAGONS<br>ALL BELTS                |
| 5:30 TO 6:20<br>ALL AGE<br>BROWN THRU BLACK                  | 5:30 TO 6:20<br>ALL AGE<br>ROOKIE/WHITE THRU<br>GREEN STRIPE | 5:30 TO 6:15<br>ALL AGE<br>GREEN THRU RED                                   | 5:30 TO 6:15<br>ALL AGE<br>ROOKIE/WHITE THRU<br>GREEN STRIPE                              | 5:30 TO 6:20<br>ALL AGE<br>ROOKIE/WHITE THRU<br>GREEN         | 10:30 TO 11:20<br>ALL AGE<br>ROOKIE/WHITE THRU<br>GREEN STRIPE |
| 6:20 TO 7:05<br>ALL AGE<br>GREEN THRU RED                    | 6:20 TO 7:00<br>ALL AGE<br>GREEN THRU RED                    | 6:15 TO 7:00<br>ALL AGE<br>ROOKIE/WHITE THRU<br>GREEN STRIPE                | 6:15 TO 7:00<br>ALL AGE<br>GREEN THRU RED<br>7:00 TO 7:20<br>BLUE THRU BLACK<br>BO / KAMA | 6:20 TO 7:20<br>ALL AGE<br>BLUE THRU BLACK<br>FORM & SPARRING | 11:20 TO 11:35AM<br>BLUE THRU BLACK<br>BO / KAMA               |
| 7:05 TO 7:50<br>ALL AGE<br>ROOKIE/WHITE THRU<br>GREEN STRIPE | 7:00 TO 7:15<br>BLUE THRU BLACK<br>BO / KAMA                 | 7:00 TO 7:45<br>ALL AGE<br>BROWN THRU BLACK                                 | 7:20 TO 7:45<br>ALL AGE<br>GOLD THRU BLACK<br>SPARRING                                    |   | 11:35 TO 12:25PM<br>ALL AGE<br>GREEN THRU BLACK                |
| 7:50 TO 8:35<br>ALL AGE<br>RED THRU BLACK                    | 7:15 TO 7:40<br>GOLD THRU BLACK<br>SPARRING                  | 7:45 TO 8:45<br>TEEN & ADULT<br>KICKBOXING CLASS<br>KARATE STUDENTS WELCOME | 7:45 TO 8:30<br>ALL AGE<br>RED THRU BLACK   |   |  |
| 7:50 TO 8:35<br>TEEN & ADULT<br>ALL BELT                     | 7:40 TO 8:20<br>ALL AGE<br>BROWN THRU BLACK                  |   | 7:45 TO 8:30<br>TEEN & ADULT<br>ALL BELT  |   |  |

KIDS CLASS: 6 YEARS TO 12 YEARS TEEN/ADULT CLASS: 13 YEARS AND OLDER  
LITTLE DRAGONS PROGRAM - 4 TO 6 YEARS OLD  
LITTLE DRAGONS PLEASE ATTEND ONLY LITTLE DRAGON CLASSES



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