

# MARTIAL ARTS AND FITNESS SCHEDULE



| Monday                             | Tuesday                           | Wednesday                             | Thursday                          | Friday   | Saturday   | Sunday                           |
|------------------------------------|-----------------------------------|---------------------------------------|-----------------------------------|--|--|----------------------------------|
| Kickboxing<br>6:00 – 7:00          | CoreUP<br>6:00 – 7:00             | Kickboxing<br>6:00 – 7:00             | CoreUP<br>6:00 – 7:00             | Kickboxing<br>6:00 – 7:00                              |  |                                  |
| CoreUP<br>8:30 – 9:30              | Kickboxing<br>8:30 – 9:30         | CoreUP<br>8:30 – 9:30                 | Kickboxing<br>8:30 – 9:30         | CoreUP<br>8:30 – 9:30                                  | Kickboxing<br>9:00 – 10:00                             | CoreUP<br>8:30 – 9:30            |
|                                    |                                   |                                       |                                   |  | Little Dragons<br>10:15 – 10:45                        | Birthday Parties<br>11:00 – 4:00 |
|                                    | Little Dragons<br>3:00 – 3:30     |                                       | Little Dragons<br>3:00 – 3:30     |  | Kids Beg.<br>Makeup<br>11:00 – 11:45                   |                                  |
| Kids Int.<br>3:30 – 4:15           | Kids Beg.<br>3:30 – 4:15          | Kids Int.<br>3:30 – 4:15              | Kids Beg.<br>3:30 – 4:15          |  | Kids Int.<br>Makeup<br>11:45 – 12:30                   |                                  |
| Kids Beg.<br>4:15 – 5:00           | Kids Int.<br>4:15 – 5:00          | Kids Beg.<br>4:15 – 5:00              | Kids Int.<br>4:15 – 5:00          | Kids Beg. &<br>Int. Makeup<br>4:00 – 4:45              | Kids Jr. &<br>Adult/Teen<br>Adv. Makeup<br>1:00 – 2:00 |                                  |
| Kids/Jr.<br>5:00 – 6:00            | Kids/Jr.<br>5:00 – 6:00           | Kids/Jr.<br>5:00 – 6:00               | Kids/Jr.<br>5:00 – 6:00           | Kids Jr. &<br>Adult/Teen<br>Adv. Makeup<br>4:45 – 5:45 | Adult/Teen<br>Beg./Int<br>2:00 – 3:00                  |                                  |
| Black Belts<br>Only<br>6:00 – 7:00 | Adult/Teen<br>Adv.<br>6:00 – 7:00 | Adult/Teen<br>Beg/Int.<br>6:00 – 7:00 | Adult/Teen<br>Adv.<br>6:00 – 7:00 | Weapons<br>Class<br>6:00 – 7:00                        |  |                                  |
| Kickboxing<br>7:15 – 8:15          | Kickboxing<br>7:15 – 8:15         | Kickboxing<br>7:15 – 8:15             | Kickboxing<br>7:15 – 8:15         |  |  |                                  |

**Birthday Parties:**  
Let us host your child's birthday party.

Little Dragons Karate: 3.5 - 5 years  
 Kids Beginning Karate: 6 - 8 years (white, yellow, orange)  
 Kids Intermediate Karate: 6 - 8 years (blue, purple, green)  
 Kids/Junior Karate: 9 - 13 years (red, brown)  
 Adult/Teen Martial Arts: mixed ages and levels

