

MARTIAL ARTS AND FITNESS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kickboxing 6:00 – 7:00	CoreUP 6:00 – 7:00	Kickboxing 6:00 – 7:00	CoreUP 6:00 – 7:00	Kickboxing 6:00 – 7:00		
CoreUP 8:30 – 9:30	Kickboxing 8:30 – 9:30	CoreUP 8:30 – 9:30	Kickboxing 8:30 – 9:30	CoreUP 8:30 – 9:30	Kickboxing 9:00 – 10:00	CoreUP 8:30 – 9:30
					Little Dragons 10:15 – 10:45	Birthday Parties 11:00 – 4:00
	Little Dragons 3:00 – 3:30		Little Dragons 3:00 – 3:30		Kids Beginner Makeup 11:00 – 11:45	
Kids Intermediate 3:30 – 4:15	Kids Beginner 3:30 – 4:15	Kids Intermediate Sparring 3:30 – 4:15	Kids Beginner 3:30 – 4:15		Kids Intermediate Makeup Forms/Spar 11:45 – 12:30	
Kids Beginner 4:15 – 5:00	Kids Intermediate 4:15 – 5:00	Kids Beginner 4:15 – 5:00	Kids Intermediate Sparring 4:15 – 5:00		Adult/Teen Beg. Sparring 12:30 – 1:30	
Kids/Jr. 5:00 – 6:00	Kids/Jr. 5:00 – 6:00	Kids/Jr. Sparring 5:00 – 6:00	Kids/Jr. Sparring 5:00 – 6:00			
Black Belts Only 6:00 – 7:00	Adult/Teen Advance 6:00 – 7:00	Adult/Teen Beg. Sparring 6:00 – 7:00	Adult/Teen Advance Sparring 6:00 – 7:00			
Kickboxing 7:15 – 8:15		Kickboxing 7:15 – 8:15	Kickboxing 7:15 – 8:15			

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

Little Dragons Karate: 3.5 - 5 years
Kids Beginning Karate: (white, yellow, orange)
Kids Intermediate Karate: (blue, purple, green)
Kids/Junior Advanced Karate: (red, brown)
Adult/Teen Martial Arts: 12 years and up (mixed levels)