

# White – Yellow/Orange

MONDAY – 6:30pm – 7:15pm

TUESDAY – 5:00pm – 5:45pm

WEDNESDAY – 5:45pm – 6:30pm

THURSDAY – 5:00pm – 5:45pm

How many classes should I attend a week?

You may attend up to 3 Classes a Week of any of the above, plus classes offered at the bottom that goes with the program you are in.



All Students between the ages of 6 to 12 Years old.  
AND  
White Belt  
thru  
Yellow / Orange 2 Tone Belt



## **Book Private Lessons**

Free 15 min. private lessons available to prevent falling behind.

Paid 30 min. private lessons to get ahead quicker.

## **Dragon Flames**

Monday 5:45pm to 6:30pm

## **Black Belt Club Jr. (7-8 yr. olds)**

Tuesday – 5:00pm to 5:45pm

## **Black Belt Club (9-12 yr. olds)**

Monday – 5:00pm to 5:45pm

## **Extra's**

Kicknastics Wednesday – 5:00pm to 5:45pm

Arnis and Sais Wednesday- 5:00pm to 6:00pm

Sparring Tuesday – 5:45pm to 6:30pm