



Martial Arts SCHEDULE

PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
LITTLE DRAGONS	4:30 -5:00	6:00-6:30	4:30 -5:00	6:00-6:30			
JUNIOR NINJAS	3:15-3:45 6:00-6:30	6:30-7:00	3:15-3:45 6:00-6:30	6:30-7:00			
CHAMPIONS I	3:45 – 4:30	6:00-6:45	3:45 – 4:30	6:00-6:45			
CHAMPIONS II / III	3:15 – 4:00	6:45-7:30	3:15- 4:00	6:45-7:30			
JUNIOR BLACK BELT	4:00 - 4:45 6:30 – 7:15		4:00 - 4:45 6:30 – 7:15				
CYCLE TRAINING		5:00 – 5:45		5:00 – 5:45			
MAIN PHASE I / II	5:15 – 6:00		5:15 – 6:00				
MAIN PHASE III	8:00 – 9:00		8:00 – 9:00				
BLACK	8:00-9:00		8:00-9:00				
YOUTH KICKBOXING	6:30-7:15		6:30-7:15				
KICKBOXING		8:00-9:00		8:00-9:00	8:00-9:00		
Sparring					7:00-8:00		



**VERBAL
Martial Arts**



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