

Mon	Tue	Wed	Thu	Fri	Sat	Sun
4:30-5:15 Children white Belt- Orange- stripe	4:30-5:00 Little Dragons	4:30-5:15 Children white Belt - Orange- stripe	4:30-5:00 Little Dragons		9:30-10:00 Little Dragons	
5:15-6:00 Children All Belt	5:00-5:45 Children All Belt Sparring Pattern	5:15-6:00 Children All Belt	5:00-5:45 Children All Belt Sparring Pattern		10:00-10:45 Children All Belt	10:00-10:30 Little Dragons
6:00-6:45 Family All Belt	6:00-6:45 Family All Belt	6:00-6:45 Family All Belt	6:00-6:45 Family All Belt	6:00-6:45 Family All Belt	10:45-11:30 Family All Belt	10:30-11:15 Family All Belt
6:45-7:30 Adults All Belt	6:45-7:45 Adults Black Belt	6:45-7:30 Adults All Belt	6:45-7:45 Adults Black Belt	6:45-7:30 KickBoxing Boot Camp Fitness	11:30- 12:15 Adults All Belt	11:15- 12:00 Adults All Belt
7:30-8:15 Kickboxing Fitness	7:45-8:45 Kickboxing Boot Camp Fitness	7:30-8:15 Kickboxing Fitness	7:45-8:45 Kickboxing Boot Camp Fitness	7:30-8:30 Healing Meditation	12:15-1:15 Kickboxing Boot Camp Fitness	
8:15-9:00 Kickboxing Fitness		8:15-9:00 Kickboxing Fitness				