

YOUTH CLASS SCHEDULE



LIL DRAGONS Ages 3 - 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil Dragons Ages 3 - 4 4:00 - 4:30pm		Lil Dragons Ages 3 - 4 4:00 - 4:30pm		Lil Dragons Ages 3 - 4 4:00 - 4:30pm	

LIL DRAGONS Ages 5 - 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil Dragons Ages 5 - 6 4:30 - 5:00pm	Lil Dragons Ages 5 - 6 5:00 - 5:30pm	Lil Dragons Ages 5 - 6 4:30 - 5:00pm	Lil Dragons Ages 5 - 6 5:00 - 5:30pm		Lil Dragons Ages 5 - 6 9:00 - 9:30am

PRE-JUNIORS Ages 7 - 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Juniors Ages 7 - 8 All Levels 4:30 - 5:15pm	Pre-Juniors Ages 7 - 8 All Levels 5:00 - 5:45pm	Pre-Juniors Ages 7 - 8 All Levels 4:30 - 5:15pm	Pre-Juniors Ages 7 - 8 All Levels 5:00 - 5:45pm		Pre-Juniors Ages 7 - 8 All Levels 9:00 - 9:45am

JUNIORS Ages 9 - 14

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Muay Thai Masters Club 5:00 - 6:00pm	Intro Program 101 4:00 - 5:00pm	Brazilian Jiu-Jitsu Masters Club 5:00 - 6:00pm	Intro Program 101 4:00 - 5:00pm	Muay Thai Masters Club 5:00 - 6:00pm	Intro Program 101 9:30 - 10:30am
Intro Program 101 6:00 - 7:00pm	Black Belt Club Level 102 4:00 - 5:00pm	Intro Program 101 6:00 - 7:00pm	Black Belt Club Level 102 4:00 - 5:00pm		Black Belt Club Level 102 9:30 - 10:30am
Black Belt Club Level 102 6:00 - 7:00pm	Black Belt Club Level 103 5:30 - 6:30pm	Black Belt Club Level 102 6:00 - 7:00pm	Black Belt Club Level 103 5:30 - 6:30pm		

