



# WINTER CLASS SCHEDULE

JANUARY – MAY 2023

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## LITTLE DRAGONS

### TUESDAY & THURSDAY (upstairs)

**4:00 – 4:45 PM** **BEGINNING** white & white/orange belts

**4:45 – 5:30 PM** **ADVANCED** white/green, white/purple, & white/blue belts

## KID KICKERS

### TUESDAY & THURSDAY (downstairs)

**4:00 – 4:45 PM** **BEGINNING** white – white/blue belts

**4:45 – 5:30 PM** **ADVANCED** white/yellow – blue/yellow belts

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## YOUTH MARTIAL ARTS

### MONDAY & WEDNESDAY

**4:00 – 4:55 PM** **BEGINNING** white – white/yellow belts

**5:00 – 5:55 PM** **INTERMEDIATE** yellow/white – green belts

**6:00 – 6:55 PM** **ADVANCED** green/black – blue/black belts

## ADULT MARTIAL ARTS

### TUESDAY & THURSDAY

**5:30 – 6:45 PM** **LOW BELT** white – yellow/black belts

**6:45 – 8:00 PM** **HIGH BELT** green – red + red/white belts

**8:00 – 8:30 PM** Open Practice

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## RED/BLACK & BLACK BELTS

### MONDAY & SATURDAY

**7:00 – 8:00 PM** MONDAY

**9:30 – 10:30 AM** SATURDAY

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## COMPETITION TRAINING

### WEDNESDAY, THURSDAY & SATURDAY

**7:00 – 9:00 PM** WEDNESDAY & THURSDAY

**8:00 – 9:25 AM** SATURDAY

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