

Monday	Tuesday	Wednesday	Thursday	Fríday	Saturday
Adults All Belts 12:00-12:50		Adults All Belts 12:00-12:50			Adults All Belts 8:00-9:00
Little Dragons All Belts 4:15 – 4:45	Little Dragons All Belts 4:15 – 4:45		Little Dragons All Belts 4:15 – 4:45		Little Dragons All Belts 9:00 AM – 9:30 AM
Children All Belts 4:45 – 5:30	Children All Belts 4:45 – 5:30	Sparring – Ages 4 – 7 Green & up 4:45 – 5:15	Children All Belts 4:45 – 5:30		STORM Team 9:30 AM – 10:00 AM
Family* All Ages & All Belts 5:30 – 6:15	Family* All Ages & All Belts 5:30 – 6:15	Sparring – Ages 8 – 12 Green & up 5:15 – 6:00	Family* All Ages & All Belts 5:30 – 6:15	Black belt candidate classes will still be held if applicable	Children Brown - Black 10:00 AM – 10:45 AM
Adults All Belts 6:15 – 7:15	Adults All Belts 6:15 – 7:15	Sparring – Adults Orange & up 6:00 – 6:45	Adults All Belts 6:15 – 7:15		Sparring – Children Green & up 10:45 AM – 11:30 AM
					Children White – High Red 11:30 AM – 12:15

*Family classes are intended for families (parents and children or siblings) to attend classes together. All other students should come to their designated classes.

Rules of the Dojang

- 1. Arrive at least 5 minutes prior to class.
- 2. Attend classes regularly.
- 3. Students should bow to the masters, instructors, and flags whenever entering or leaving the Dojang.
- 4. Show respect to all students and instructors.
- 5. Pull attendance card prior to class.
- 6. Keep uniform neat and clean.
- 7. Help keep the Dojang clean and organized.

Legend

Little Dragons	Ages 4 – 6
Children	Ages 7 – 12
Adults	Ages 13 & up

To participate in sparring, all students must have the appropriate sparring gear.