



MARTIAL ARTS FOR KIDS & JUNIORS

LITTLE DRAGONS & KIDS BJJ
Ages 4-7

JUNIORS BJJ & JUNIORS KICKBOXING
Ages 8-16

MONDAY

4.15-4.45 PM

LITTLE DRAGONS KICKBOXING

5.00-5.45 PM

JUNIORS KICKBOXING

TUESDAY

4.00-4.45 PM

KIDS BJJ

5.00-5.45 PM

JUNIORS BJJ

WEDNESDAY

4.15-4.45 PM

LIL DRAGONS KICKBOXING

5.00-5.45 PM

JUNIORS KICKBOXING

THURSDAY

4.15-5.00 PM

JUNIORS KICKBOXING

FRIDAY

4.00-4.45 PM

KIDS BJJ

5.00-5.45 PM

JUNIORS BJJ

SATURDAY

9.00-9.30 AM

LITTLE DRAGONS KICKBOXING

2.00-2.45 PM

JUNIORS KICKBOXING

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