



MARTIAL ARTS FOR KIDS & TEENS



**LITTLE DRAGONS & KIDS
BJJ
AGES 4-7**

**JUNIORS BJJ &
KICKBOXING
AGES 8-12**

**TEENS BJJ & KICKBOXING
AGES 13-16**

MONDAY

4.15 – 4.45 pm

LITTLE DRAGONS KICKBOXING

5.00 – 5.45 pm

JUNIORS KICKBOXING

5.45 – 6.30 pm

TEENS KICKBOXING

TUESDAY

4.00 – 4.45 pm

KIDS BJJ

4.45 – 5.30 pm

JUNIORS BJJ

5.30 – 6.30 pm

TEENS BJJ

WEDNESDAY

4.15 – 4.45 pm

LITTLE DRAGONS KICKBOXING

5.00 – 5.45 pm

JUNIORS KICKBOXING

5.45 – 6.30 pm

TEENS KICKBOXING

THURSDAY

4.15 – 5.00 pm

JUNIORS KICKBOXING

FRIDAY

4.00 – 4.45 pm

KIDS BJJ

4.45 – 5.30 pm

JUNIORS BJJ

5.30 – 6.30 pm

TEENS BJJ

SATURDAY

9.00 – 9.30 am

LITTLE DRAGONS KICKBOXING

2.00 – 2.45 pm

TEENS KICKBOXING

