



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	
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	