

DHAC MARTIAL ARTS SUMMER 2017 SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CLOSED					Adult 8:00-9:00AM
Little Dragons 9:00-9:45AM						Little Dragons Intermediate 9:00-9:45AM
Little Dragons Intermediate 10:00-10:45AM				Tiny Tigers 10:30-11:00AM		Little Dragons 10:00-10:45AM
Youth 11:00-11:45AM						Youth Intermediate 11:00-11:45 AM
Youth Advanced 12:00-12:45PM						Youth 11:45AM-12:30PM
Adult Open Mat 1:00-2:00PM						Teen 1:00-2:00PM
		Tiny Tigers 2:00-2:30PM				
		Teen 4:15-5:15PM	Little Dragons 4:00-4:45PM	Youth Intermediate 4:00-4:45PM	Little Dragons 4:00-4:45PM	
		Youth 5:15-6:00PM	Youth 5:00-5:45PM	Little Dragons Intermediate 5:00-5:45PM	Youth 5:00-5:45PM	
		Youth Intermediate 6:15-7:00PM	Adult 6:00-7:00PM	Youth Advanced 6:00-6:45PM	Adult 6:00-7:00PM	
				Adult Fight Fitness 7:00-8:00PM		

What Classes May I Attend?

Please make sure you attend the appropriate class for your age and belt rank. You may attend another class only with the express permission of Mr. C. or Miss Cynthia for that day.

3-4 yrs. old	Karate based movement/gross motor skills class	Tiny Tigers (4 wk. sessions 6/27-7/20, 81/-824)
4-6 yrs. old	white/yellow belts	Little Dragons
4-6 yrs. old	yellow/orange belts	Little Dragons Intermediate
7-13 yrs. old	white/yellow/orange/purple (9 yrs. & younger) belts	Youth
7-13 yrs. old	orange/purple/blue belts	Youth Intermediate
10-15 yrs. old	purple (10 yrs. & older)/blue/green/brown belts	Youth Advanced
12-17 yrs. old	all belt ranks	Teen
16+ yrs. old	all belt ranks	Adult