


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Little Dragons 10 to 10.30am	Little Dragons Beginners 3.45pm to 4.15pm	Little Dragons Beginners 3.45pm to 4.15pm	Little Dragons 10 to 10.30am	Marial Arts for Kids with Cancer. Free with booking. 1pm.	Little Dragons Beginners 8am to 8.30am	Little Dragons Beginners 8am to 8.30am
Little Dragons 10.30 to 11am		Little Dragons 4.15pm to 4.45pm	Little Dragons 10.30 to 11am	Little Dragons Beginners 3.45pm to 4.15pm	Dragons Beginners 8.00am to 8.40am	Dragons Beginners 8.00am to 8.40am
Little Dragons 11 to 11.30am	Little Dragons 4.15pm to 4.45pm	Dragons Beginners 4pm to 4.40pm	Little Dragons 11 to 11.30am	Dragons Beginners 4pm to 4.40pm	Little Dragons Beginners 8.30am to 9am	Adults 8am to 8.40am
Adults 10am to 10.40am	Dragons 4pm to 4.40pm	Little Dragons 4.45 to 5.15pm	Adults 10am to 10.40am	Little Dragons 4.15pm to 4.45pm	Dragons 8.40am to 9.20am	Little Dragons Beginners 8.30am to 9am
Mini Dragons 11 to 11.30am	Little Dragons (5 year olds) 4.45 to 5.15pm	Black Belt Club Dragons 4.40pm to 5.20pm	Mini Dragons 11 to 11.30am		Little Dragons Black Belt Club 4.45pm to 5.15pm	Little Dragons 9.00am to 9.30am
Little Dragons 3.45pm to 4.15pm			Leadership Elite 4.40 to 5.20pm	Dragons Advanced 5.20pm to 6pm		Little Dragons 3.45 to 4.15pm
Little Dragons 4.15pm to 4.45pm	Junior X-Treme 4.40 to 5.20pm	Ninjas 6pm to 6.45pm	Dragons 4pm to 4.40pm	Dragons Advanced 4.40pm to 5.20pm	Adults 9.20 to 10am	Little Dragons Intermediate 9.30 to 10am
Dragons Beginners 4pm to 4.40pm	Dragons Advanced 5.20pm to 6pm			Black Belt Club Ages 6 to 13 5.20pm to 6pm	Ninjas 4pm to 4.40pm	Dragons 10am to 10.40am
Ninjas 4pm to 4.40pm			Teens 6pm to 6.45			Sparring Club 6 to 14 years 5.20pm to 6pm
Dragons 4.40pm to 5.20pm	Ninjas 6pm to 6.45pm			Ninjas 6pm to 6.45pm	Little Dragons 10 to 10.30am	
Ninjas 5.20pm to 6pm		Black Belt Club Ages 6-13y 6pm to 6.40pm	Masters Club Dragons & Ninjas 5.20pm to 6pm		Little Dragons Advanced 4.15 to 4.45pm	Little Dragons 10.30 to 11am
Black Belt Club Ages 6-13y 6pm to 6.40pm	Teens 6.45pm to 7.30pm			Black Belt Club Ninjas 6.45pm to 7.30	Family 4.40 to 5.20pm	Little Dragons 11am to 11.30am
		Little Dragons (5 year olds) 4.45 to 5.15pm	Little Dragons 11am to 11.30am		Little Dragons 11am to 11.30am	
Sparring Club 6 to 14 years 6.40pm to 7.10pm	Teens 6.45pm to 7.30pm	Masters Club Ninjas & Teens 6.45pm to 7.30pm	Dragons 5.20pm to 6pm	Teens Masters Club 6pm to 6.45pm	Mini Dragons 11.20 to 11.50am	Black Belt Club 6-13years 11.20-12
Teens Kick Boxing for fitness 6.45pm to 7.30pm			Adults 7.30 to 8.30pm	Tricking Dragons 6 to 6.45pm	Ninjas 6pm to 6.45pm	Teens Kick Boxing for fitness 6.45pm to 7.30pm
Adult Kick Boxing for Fitness 6.45 to 7.30pm	Adults 7.30 to 8.30pm	Ninjas 6pm to 6.45pm				Adult Kick Boxing for Fitness 6.45 to 7.30pm
Adults 7.30 to 8.30pm			Adults 7.30 to 8.30pm	Tricking for Teens 7.30 to 8.10pm	Ninjas 6pm to 6.45pm	
Low Impact Adults Martial Arts 8.30 to 9.15pm	Adults 7.30 to 8.30pm	Tricking for Teens 7.30 to 8.10pm				Ninjas 6pm to 6.45pm
<b>Mini Dragon: Parent &amp; child class 18-36 months</b> <b>Little Dragons 3-5years</b> <b>Dragons 6-8years</b> <b>Ninjas 9-12y</b> <b>Teens 13-17y</b> <b>Adults 18 &amp; up</b>			Teens 6.45 to 7.30pm	Adults 7.30 to 8.30pm	Adults 11.50am to 12.30	
						Teens 6.45 to 7.30pm
<b>Mini Dragon: Parent &amp; child class 18-36 months</b> <b>Little Dragons 3-5years</b> <b>Dragons 6-8years</b> <b>Ninjas 9-12y</b> <b>Teens 13-17y</b> <b>Adults 18 &amp; up</b>			Adults 7.30 to 8.30pm	Sparring Club Teens and Adults 7.30pm to 8.30pm	Dragons 11.50am to 12.30	
<b>Mini Dragon: Parent &amp; child class 18-36 months</b> <b>Little Dragons 3-5years</b> <b>Dragons 6-8years</b> <b>Ninjas 9-12y</b> <b>Teens 13-17y</b> <b>Adults 18 &amp; up</b>			Adults Black Belt Club 8.30-9pm		Sparring Club Teens and Adults 7.30pm to 8.30pm	Dragons 12.30 to 1.10pm
<b>Mini Dragon: Parent &amp; child class 18-36 months</b> <b>Little Dragons 3-5years</b> <b>Dragons 6-8years</b> <b>Ninjas 9-12y</b> <b>Teens 13-17y</b> <b>Adults 18 &amp; up</b>			Adults Black Belt Club 8.30-9pm	Sparring Club Teens and Adults 7.30pm to 8.30pm		Dragons 12.30 to 1.10pm
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