

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Little Dragons 10 to 10.30am	Little Dragons Beginners 3.45 to 4.15pm	Little Dragons Beginners 3.45 to 4.15pm	Little Dragons 10 to 10.30am	Little Dragons 10 to 10.30am	Little Dragons Beginners 8am to 8.30am	Little Dragons Beginners 8am to 8.30am	
	Little Dragons 4.15 to 4.45pm	Little Dragons 4.15 to 4.45pm	Little Dragons 10.30 to 11am	Little Dragons 10.30 to 11am	Dragons 8.00 to 8.40am	Family Class 8.00 to 8.40am	
Little Dragons 10.30 to 11am	Dragons 4pm to 4.40pm	Dragons 4pm to 4.40pm	Little Dragons 11 to 11.30am	Martial Arts for Kids with Cancer. Free	Little Dragons 8.30am to 9am	Dragons Beginners 8.00am to 8.40am	
Little Dragons 11 to 11.30am	Little Dragons 4.45 to 5.15pm	Little Dragons 4.45 to 5.15pm	Adults 10am to 10.40am	Little Dragons Beginners 3.45pm to 4.15pm	Dragons 8.40am to 9.20am	Adults 8am to 8.40am	
Adults 10am to 10.40am	Family 4.40 to 5.20pm	Family 4.40 to 5.20pm	Mini Dragons 11 to 11.30am		Little Dragons 9.00am to 9.30am	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 Family- All ages 5.20pm to 6pm	Little Dragons 3.45 to 4.15pm	Dragons 4pm to 4.40pm	Little Dragons Intermediate 9.30 to 10am	Dragons 8.40am to 9.20am	
Little Dragons 3.45pm to 4.15pm						Leadership Elite 5.20pm to 6pm	Leadership Elite 8.40am to 9.20am
Little Dragons 4.15pm to 4.45pm	Junior X-Treme 5.20pm to 6pm	Ninjas 6pm to 6.45pm	Dragons 4pm to 4.40pm	Little Dragons 4.15pm to 4.45pm	Adults 9.20 to 10am	Little Dragons 9am to 9.30am	
Dragons 4pm to 4.40pm	Dragons Advanced 5.20pm to 6pm		Ninjas 4pm to 4.40pm	Little Dragons Black Belt Club 4.45pm to 5.15pm	Dragons 10am to 10.40am	Little Dragons Intermediate 9.30 to 10am	
Ninjas 4pm to 4.40pm					Ninjas 10.40 to 11.20am	Adults 9.20 to 10am	
Ninjas 4pm to 4.40pm	Dragons Advanced 5.20pm to 6pm		Family 4.40 to 5.20pm	Little Dragons 10 to 10.30am	Dragons 10am to 10.40am		
Dragons 4.40pm to 5.20pm	Ninjas 6pm to 6.45pm	Black Belt Club Ninjas 6.45pm to 7.30	Little Dragons Advanced 4.15 to 4.45pm	Black Belt Club 6 to 13y 5.20pm to 6pm	Little Dragons 10.30 to 11am	Little Dragons 10 to 10.30am	
Ninjas 5.20pm to 6pm			Family 4.40 to 5.20pm		Ninjas 10.40 to 11.20am	Ninjas 10.40 to 11.20am	
Black Belt Club Ages 6-13y 6pm to 6.40pm			Black Belt Club Teens 6.45pm to 7.30	Little Dragons (5 year olds) 4.45 to 5.15pm	Sparring Club 6 to 14 years 5.20pm to 6pm	Little Dragons 11am to 11.30am	Little Dragons 10.30 to 11am
Sparring Club 6 to 14 years 6.40pm to 7.10pm				Masters Club Dragons & Ninjas 5.20pm to 6pm	Ninjas 6pm to 6.45pm	Mini Dragons 11.20 to 11.50am	Little Dragons 11am to 11.30am
Teens Kick Boxing for fitness 6.45pm to 7.30pm	Teens 6.45pm to 7.30pm	Dragons 5.20pm to 6pm	Little Dragons Advanced 11.30am to 12pm	Black Belt Club 6-13y 11.20-12			
Adult Kick Boxing for Fitness 6.45 to 7.30pm		Tricking Dragons 6 to 6.45pm	Teens Masters Club 6pm to 6.45pm	Little Dragons 12 to 12.30pm	Little Dragons 11.30am to 12pm		
Adults 7.30 to 8.30pm		Tricking for Teens 7.30 to 8.10pm	Tricking Ninjas 6 to 6.45pm	Teens Kick Boxing for fitness 6.45 to 7.30pm	Family Class 11.50am to 12.30pm	Little Dragons 12 to 12.30pm	
Low Impact Adults Martial Arts 8.30 to 9.15pm						Teens 6.45 to 7.30pm	Adults 12 to 12.40pm
<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>			Ninjas 6pm to 6.45pm	Adults 7.30 to 8.30pm	Adults 11.50am to 12.30	Family 12 to 12.40pm	
			Teens 6.45 to 7.30pm	Teens 7.30pm to 8.30pm	Adults 7.30 to 8.30pm	Dragons 11.50am to 12.30	Little Dragons Black Belt Club 12.30 to 1pm
<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	Ninjas 12.40 to 1.20pm	
			Adults Black Belt Club 8.30-9pm			Teens 12.40 to 1.20pm	Teens 1.20pm to 2pm
<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	Leadership Development Pr 10 to 18 years 1.20pm to 2pm	
			Adults Black Belt Club 8.30-9pm			Dragons 12.30 to 1.10pm	Black Belt Club Ninjas to Adults 2pm to 2.40pm
<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	Masters Club Ninjas to Adults 2pm to 2.40pm	
			Adults Black Belt Club 8.30-9pm			Dragons 12.30 to 1.10pm	Masters Club Ninjas to Adults 2pm to 2.40pm

