



Red Dragon Martial Arts

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Effective August 9th, 2021

Time	Class	Criteria
Monday		
3:30 – 4:00 p.m.	Little Dragons	Ages 3 – 6 yrs; all belt levels
4:15 – 5:15 p.m.	Youth Karate: Beginner	Ages 6-12 yrs; white-orange belts
5:15 – 6:15 p.m.	Youth Karate: Intermediate/Advanced	Ages 6-12 yrs; green-black belts
6:15 – 7:15 p.m.	Family Karate: Beginner/Intermediate	All Ages; white-blue belts
7:15 – 8:15 p.m.	Family Karate	Age 6+ yrs; all belt levels
Tuesday		
3:15 – 4:15 p.m.	Youth Karate: Beginner	Ages 6-12 yrs; white-orange belts
4:15 – 5:15 p.m.	Family Karate: Beginner/Intermediate	All Ages; white-blue belts
5:15 – 6:15 p.m.	Youth Karate: Beginner	Ages 6-12 yrs; white-orange belts
6:15 – 7:15 p.m.	Advanced Karate	All Ages; blue-black belts
7:30 – 8:15 p.m.	Adult Circuit Training	Ages 13+ yrs
Wednesday		
3:30 – 4:00 p.m.	Little Dragons	Ages 3 – 6 yrs; all belt levels
4:15 – 5:15 p.m.	Youth Karate: Beginner	Ages 6-12 yrs; white-orange belts
5:15 – 6:15 p.m.	Youth Karate: Intermediate/Advanced	Ages 6-12 yrs; green-black belts
6:15 – 7:15 p.m.	Family Karate: Beginner/Intermediate	All Ages; white-blue belts
7:15 – 8:15 p.m.	Family Karate	Age 6+ yrs; all belt levels
Thursday		
3:15 – 4:15 p.m.	Youth Karate: Beginner	Ages 6-12 yrs; white-orange belts
4:15 – 5:15 p.m.	Family Karate: Beginner/Intermediate	All Ages; white-blue belts
5:15 – 6:15 p.m.	Youth Karate: Beginner	Ages 6-12 yrs; white-orange belts
6:15 – 7:15 p.m.	Advanced Karate	All Ages; blue-black belts
7:30 – 8:15 p.m.	Adult Circuit Training	Ages 13+ yrs
Friday		
4:15 – 5:15 p.m.	Family Karate: Beginner/Intermediate	All Ages; white-blue belts
5:15 – 6:15 p.m.	Teen/Youth Sparring	Ages 6-12 yrs; green – black belts
6:15 – 7:15 p.m.	Black Belt Karate	All Ages; black belts only
7:15 – 8:15 p.m.	Adult Sparring	Ages 13+ yrs; green – black belts
Saturday		
11:15 – 12:15 p.m.	All Ages Karate	Ages 6+ yrs; all belt levels