

Red Dragon Martial Arts

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Effective June 28th, 2021

Time	Class	Criteria
Monday		
3:30 – 4:30 p.m.	Youth Karate: Beginner/Intermediate	Ages 6-12 yrs; white-purple belts
4:30 – 5:00 p.m.	Little Dragons	Ages 3 – 6 yrs; all belt levels
5:15 – 6:15 p.m.	Youth Karate: Beginner/Intermediate	Ages 6-12 yrs; white-purple belts
6:15 – 7:15 p.m.	Family Karate: Beginner/Intermediate	All Ages; white-purple belts
7:15 – 8:15 p.m.	Advanced Karate	All Ages; blue-black belts
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-purple belts
5:15 – 6:15 p.m.	Youth Karate	Ages 6–12 yrs; all belt levels
6:15 – 7:15 p.m.	Advanced Karate	All Ages; blue-black belts
7:15 – 8:15 p.m.	Adult Grappling	Ages 15+ yrs
Wednesday		
3:30 – 4:30 p.m.	Youth Karate: Beginner/Intermediate	Ages 6-12 yrs; white-purple belts
4:30 – 5:00 p.m.	Little Dragons	Ages 3 – 6 yrs; all belt levels
5:15 – 6:15 p.m.	Youth Karate: Beginner/Intermediate	Ages 6-12 yrs; white-purple belts
6:15 – 7:15 p.m.	Family Karate: Beginner/Intermediate	All Ages; white-blue belts
7:15 – 8:15 p.m.	Family Karate: Beginner	All Ages; white-green belts
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-green belts
5:15 – 6:15 p.m.	Youth Karate	Ages 6–12 yrs; all belt levels
6:15 – 7:15 p.m.	Advanced Karate	All Ages; blue-black belts
7:15 – 8:15 p.m.	Family Karate: Beginner	All Ages; white-green belts
Friday		
3:15 – 4:15 p.m.	Teen/Youth Grappling	Ages 6-14 yrs; yellow-black belts
4:15 – 5:15 p.m.	Family Karate: Beginner/Intermediate	All Ages; white-green belts
5:15 – 6:15 p.m.	Teen/Youth Sparring	Ages 6-14 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 15yrs+ green – black belts
Saturday		
10:15 – 11:15 a.m.	Youth Karate	Ages 6–12 yrs; all belt levels
11:15 – 12:15 p.m.	Family Karate	All Ages; all belt levels
12:15 – 1:15 p.m.	Cardio Kickboxing: Fitness Class	Adults only