



# Red Dragon Martial Arts

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Summer 2025 Class Schedule May 12<sup>th</sup> through August 9<sup>th</sup>, 2025

Time	Class	Criteria
<b>Monday</b>		
4:15 – 5:15 p.m.	Beginner/Intermediate Karate	White-Blue belts only
5:15 – 6:15 p.m.	Advanced/Intermediate Karate	Green-Black belts only
6:15 – 7:15 p.m.	Beginner/Intermediate Karate	White-Blue belts only
<b>Tuesday</b>		
4:15 – 5:15 p.m.	Intermediate/Advanced Karate	Green-Black belts
5:15 – 6:15 p.m.	Beginner/Intermediate Karate	White-Blue belts only
6:15 – 7:15 p.m.	Black Belt/Advanced Karate	Red-Black belts only
7:15 – 8:15 p.m.	Rotating Class: Circuit Training *Demo Team practice	5/13, 5/27, 6/10, 6/24, 7/8, 7/22, 8/5 *5/20, 6/3, 6/17, 7/1, 7/15, 7/29 only
<b>Wednesday</b>		
3:45 – 4:15 p.m.	Little Dragons	Ages 4-6 yrs
4:15 – 5:15 p.m.	Beginner/Intermediate Karate	White-Blue belts only
5:15 – 6:15 p.m.	Advanced/Intermediate Karate	Green-Black belts only
6:15 – 7:15 p.m.	Beginner/Intermediate Karate	White-Blue belts only
7:15 – 9:15 p.m.	Swords	(separate registration required)
<b>Thursday</b>		
4:15 – 5:15 p.m.	Grappling	Orange-black belts
5:15 – 6:15 p.m.	Beginner/Intermediate Karate	White-blue belts only
6:15 – 7:15 p.m.	Intermediate/Advanced Karate	Green-black belts only
7:15 – 8:15 p.m.	Circuit Training fitness class	Adults and Teens only
<b>Friday</b>		
4:15 – 5:15 p.m.	Intermediate/Advanced Karate	Green-Black belts only
5:15 – 6:15 p.m.	Sparring	Blue-black belts
6:15 – 7:15 p.m.	Rotating Class: Demo Team practice *Black Belt Karate	5/13, 5/27, 6/10, 6/24, 7/8, 7/22, 8/5 *5/20, 6/3, 6/17, 7/1, 7/15, 7/29 only
<b>Saturday</b>		
8:30 – 9:00 a.m.	Little Dragons	Ages 4-6 yrs
9:15 – 10:15 a.m.	Beginner Karate	White-Green belts only
10:15 – 11:15 a.m.	Intermediate/Advanced Karate	Green-Black belts only
11:15 – 12:15 p.m.	Grappling	Orange-Black belts
<b>Sunday</b>		
9:30 – 11:30 a.m.	Swords	(separate registration required)
3:00 – 5:00 p.m.	Demo Team practice Demo Team performances	6/8, 7/12 (1-3pm), 8/10, 8/31 (1-5pm) only 5/25 (11:45am), 8/17 (3-5:30pm), 9/6 & 9/7