

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:10-5:00pm Advanced Ages 8-12	4:10-5:00pm Black Belt All Ages	4:10-5:00pm Advanced Ages 8-12	4:10-5:00pm Black Belt All Ages	4:10-5:00pm Advanced Ages 8-12	9:00-9:30am Ninjas & Dragons	12:00-12:30pm Ninjas & Dragons
5:00-5:50pm Intermediate Ages 8-12	5:00-5:50pm Beginner Ages 8-12	5:00-5:50pm Intermediate Ages 8-12	5:00-5:50pm Beginner Ages 8-12	5:00-5:50pm Intermediate Ages 8-12	9:30-10:20am All Belts Ages 8-12	12:30-1:20pm All Belts Ages 8-12
5:00-5:30pm Ninja & Dragons Ages 3-7	5:00-5:50 Fitness Kick Boxing	5:00-5:30pm Ninja & Dragons Ages 3-7	5:00-5:50 Fitness Kick Boxing	6:00-6:50pm Beginners Ages 8-12	10:30-11:20am Adult Martial Arts	1:30-2:20pm Adult Martial Arts
5:30-6:00pm Dragons Advanced Ages 3-7	6:00-6:50pm Intermediate Ages 8-12	5:30-6:00pm Dragons Advanced Ages 5-7	6:00-6:50pm Intermediate Ages 8-12	7:00-7:50pm Black Belts	<p style="text-align: center;">Call 301-693-7694 to start your journey.</p> <p style="text-align: center;">***SCHEDULE BEGINS SEPT 6TH***</p>	
6:00-6:50pm Beginners Ages 8-12	6:00-6:30pm Ninja & Dragons Ages 3-7	6:00-6:50pm Beginners Ages 8-12	6:00-6:30pm Ninja & Dragons Ages 3-7			
7:00-7:50pm Black Belts	6:30-7:00pm Dragons Advanced Ages 3-7	7:00-7:50pm Black Belts	6:30-7:00pm Dragons Advanced Ages 3-7			
7:00-7:50 Fitness Kick Boxing	7:00-7:50pm Advanced Ages 8-12	7:00-7:50 Fitness Kick Boxing	7:00-7:50pm Advanced Ages 8-12			
8:00-8:50pm Adult Martial Arts	8:00-8:50pm Adult Martial Arts	8:00-8:50pm Adult Martial Arts	8:00-8:50pm Adult Martial Arts			

Ninjas Ages 3-4

Dragons Ages 5-7

Children Ages 8-12

Adults Ages 13 & Up

Fitness Kickboxing Ages 12 & Up

Celebrating 15 years!!