



(210) 698-6553

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Dragons 4-7 years old	3:15 - 3:45 or 5:20 - 5:50	3:40 - 4:10 or 5:00 - 5:30	3:15 - 3:45 or 5:20 - 5:50	3:40 - 4:10 or 5:00 - 5:30	3:50 - 4:20	10:00 am-10:30 am
Phase One 8-12 years old	3:50 - 4:30	6:30 - 7:10	3:50 - 4:30	6:30 - 7:10	4:20 - 5:00	10:30 am-11:10 am
Phase Two 8-12 years old	5:55 - 6:35	4:15 - 4:55	5:55 - 6:35	4:15 - 4:55	4:20 - 5:00	10:30 am-11:10 am
Phase Three 8-12 years old	4:35 - 5:15	5:45-6:25	4:35 - 5:15	5:45-6:25	4:20 - 5:00	10:30 am-11:10 am
Teen & Adult	Phase I & II 7:30 - 8:30 pm	Phase I 9:10 - 9:55 am	Phase I only 7:30 - 8:30 pm	Phase I 9:10 - 9:55 am		9:10 - 9:55 am
Teen & Adult		Phase III only 7:15 - 8:15 pm		Phase II & III 7:15 - 8:15 pm		9:10 - 9:55 am
NEW strength & conditioning	9:00 - 9:30 am and 6:00 - 6:30 pm	8:00 - 8:30 am and 6:20 - 6:50 pm	9:00 - 9:30 am and 6:00 - 6:30 pm	8:00 - 8:30 am and 6:20 - 6:50 pm		9:20 - 9:50 am

Little Dragons - all belt colors

Phase One - White, Gold, Orange, Purple

Phase Two - Green, Blue, Blue-Brown, Brown

Phase Three - Red-Brown, Red, Red-Black, Black

If you believe you can achieve.