



(561) 364-3500

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Little Dragons (4 to 6 yo) Beginner	3:30 pm	5:30 pm	3:30 pm	5:30 pm	4:00 pm Sparring	10:00 am	
Little Dragons (4 to 6 yo) Intermediate	4:00 pm	6:15 pm	4:00 pm	6:15 pm	4:00 pm Sparring	10:00 am	
Kids (7 to 12 yo) Beginner	4:45 pm	4:00 pm	4:45 pm	4:00 pm	4:45 pm Sparring	11:30 am	
Kids (7 to 12 yo) Intermediate	5:45 pm	7:00 pm	5:45 pm	7:00 pm	4:45 pm Sparring	11:30 am	
Brown & Up Advanced	6:30 pm	4:45pm	6:30 pm	4:45pm		9:00am	
Sparring All belts						10:30 am	
Teens (12 to 14 yo)	7:15 pm	7:45 pm	7:15 pm	7:45 pm		12:30 pm	
Adults (15 & up)	9:30 am 7:15 pm	7:45pm	9:30 am 7:15 pm	7:45pm	9:30 am		
Boxing	8:15 pm	8:30pm	8:15 pm	8:30pm	7:15pm	12:30 pm	
The PIT 30min Workout	7:45 pm		7:45 pm		5:30 pm		9:00 am

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\$59.99*

* For New Students Only.