



Mount Pearl Schedule

Effective September 12, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Beginner Dragons (10:30-11:00)	Beginner Dragons (10:30-11:00)
Beginner Dragons (5:30-6:00)	Beginner Dragons (5:30-6:00)	Beginner Dragons (5:30-6:00)	Little Dragons (5:30-6:15)		Little Dragons (11:00-11:45)	Little Dragons (11:00-11:45)
Junior Karate (6:00-6:45)	Little Dragons (6:00-6:45)	Little Dragons (6:00-6:45)	Junior Karate (6:15-7:00)		Junior Karate (12:00-12:45)	Junior Karate (12:00-12:45)
Youth Karate White-Purple Belts (7:00-8:00)	Youth Karate Green Belt & Up (7:00-8:00)	Junior Karate (7:00-7:45)	Youth Karate All Belts (7:15-8:15)		Youth Karate White-Purple Belts (12:45-1:45)	Youth Karate Green Belt & Up (12:45-1:45)
Adult Mixed (8:00-9:30)	Youth Kickboxing (8:00-9:00)	Youth Karate All Belts (7:45-8:45)	Adult Mixed (8:15-9:45)		Youth Kickboxing (1:45-2:45)	Youth Kickboxing (1:45-2:45)
					Adult Mixed (2:45-4:15)	Adult Mixed (2:45-4:15)

Beginner Dragons	Ages 3 - 6	Youth Karate	Ages 10 - 15	Adult Mixed	Ages 16+
Little Dragons	Ages 5 - 6	Youth Kickboxing	Ages 10 - 15		
Junior Karate	Ages 7 - 9				