



New Cove Schedule

Effective September 26, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Beginner Dragons (10:30-11:00)	
	Beginner Dragons (5:30-6:00)	Youth Karate (5:30-6:30)	Beginner Dragons (5:30-6:00)		Little Dragons (11:00-11:45)	
	Little Dragons (6:00-6:45)	Adult Mixed (6:30-8:00)	Little Dragons (6:00-6:45)		Junior Karate (12:00-12:45)	
	Junior Karate (7:00-7:45)		Junior Karate (7:00-7:45)		Youth Karate (12:45-1:45)	
	Youth Karate (7:45-8:45)		Adult Mixed (7:45-9:15)		Adult Mixed (1:45-3:15)	

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				