



New Cove Schedule

Effective July 4, 2017

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

Beginner Dragons	Ages 3 - 5	Youth Martial Arts	Ages 10 - 15	Adult Martial Arts	Ages 16+
Little Dragons	Ages 5 - 7	Youth Kickboxing	Ages 10+		
Junior Martial Arts	Ages 7 - 9				