



Mount Pearl Schedule

Effective July 30, 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginner Dragons (11:00-11:30)						
Little Dragons (11:30-12:15)	Little Dragons (5:30-6:15)	Beginner Dragons (5:30-6:00)	Beginner Dragons (5:30-6:00)	Little Dragons (5:30-6:15)		
Junior/Youth Martial Arts (12:30-1:30)	Junior Martial Arts (6:15-7:00)	Youth Martial Arts (6:00-7:00)	Little Dragons (6:00-6:45)	Junior Martial Arts (6:30-7:15)		
Kickboxing (1:30-2:30)	Youth Martial Arts (7:00-8:00)	Kickboxing (7:00-8:00)	Junior Martial Arts (7:00-7:45)	Youth Martial Arts (7:15-8:15)		
Adult Martial Arts (2:30-4:00)						

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