



Mount Pearl Winter Schedule

Effective January 2, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginner Dragons (11:00-11:30)						Beginner Dragons (11:00-11:30)
Little Dragons (11:30-12:15)	Beginner Dragons (5:30-6:00)	Junior Martial Arts (5:30-6:30)	Beginner Dragons (5:30-6:00)			Little Dragons (11:30-12:15)
Youth Martial Arts (12:30-1:30)	Little Dragons (6:00-6:45)	Youth Martial Arts (6:45-7:45)	Little Dragons (6:00-6:45)			Junior Martial Arts (12:30-1:30)
Kickboxing (1:30-2:30)	Junior Martial Arts (7:00-8:00)	Adult Martial Arts (7:45-9:15)	Kickboxing (7:00-8:00)			Youth Martial Arts (1:30-2:30)
Adult Martial Arts (2:45-4:15)						

Beginner Dragons	Ages 3 - 5	Junior Martial Arts	Ages 8 - 9	Adult Martial Arts	Ages 16+
Little Dragons	Ages 6 - 7	Youth Martial Arts	Ages 10 - 15	Kickboxing	Ages 10+