



Mount Pearl Schedule

Effective July 15, 2018

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