



DMA Class Schedule

Little Dragons *Karate Classes (3-4 yrs.)*

Mondays-Tuesday-Wednesday-Thursday 4:00pm-4:30pm

Little Dragons *Karate Classes (5-6 yrs.)*

Monday-Tuesday-Wednesday-Thursday 4:30pm-5:00pm

JUNIOR *Freestyle Martial Art Classes (7-9 yrs.)*

Monday-Tuesday-Wednesday-Thursday 5:00pm-5:40pm

TEEN *Freestyle Martial Art Classes (10-14 yrs.)*

Monday-Tuesday-Wednesday-Thursday 5:40pm-6:20pm

ADULT *Freestyle Martial Art Classes (15 + yrs.)*

Monday-Tuesday-Wednesday 6:20pm-7:10pm

Blessed2BeFit *Fitness Classes (15 + yrs.)*

Tuesday- Thursday-Saturday 9:00am-10:00am

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