

Class Schedule

Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ki Gong (Meditation)		8:30-9:15a (zoom only)				
Little Dragons (White Stripe Belts) Beginners: 3-7 year old	4:00-4:45p	4:30-5:15p	4:00-4:45p	4:30-5:15p		10:30-11:15a
	6:15-7:00p		6:15-7:00p			
Junior Achievers (Yellow Stripes) Beginners: 7 and older	4:00-4:45p	5:30-6:15p	4:00-4:45p	5:30-6:15p		11:30-12:15p
	6:15-7:00p		6:15-7:00p			
Level 1 Yellow, Yellow/Orange, Orange Belts	4:00-4:45p	5:30-6:15p	4:00-4:45p	5:30-6:15p		11:30-12:15p
	6:15-7:00p		6:15-7:00p			
Level 2 Orange/Green, Green, Green/Brown Belts	5:00-5:45p	6:30-7:15p	5:00-5:45p	6:30-7:15p		9:15-10:00a
Level 3 Brown, Brown/Red, Red Belts	5:00-5:45p	6:30-7:15p	5:00-5:45p	6:30-7:15p		9:15-10:00a
Level 4 Red/Blue, Blue, Blue/Black	7:15-8:30p	6:30-7:15p	7:15-8:30p	6:30-7:15p		9:15-10:00a
Level 5 Black Belts	7:15-8:30p	6:30-7:15p	7:15-8:30p	6:30-7:15p		9:15-10:00a
Adult (13+) All Levels		9:30-10:15a		9:30-10:15a		9:15-10:00a
		7:45-8:30p		7:45-8:30p		

Leadership classes are for 15 minutes after regular class times.

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