

## 2019 Fall Schedule

UPSTAIRS					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15-5:30 pm Daily Dragons	4:15-5:30 pm Daily Dragons	4:15-5:30 pm Daily Dragons	3:00-4:00 pm DD FIT	4:15-5:30 pm Daily Dragons	
	5:30-6:00 pm DD Competitive	5:30-6:00 pm DD Competitive	4:15-5:30 pm Daily Dragons		9:45-10:30 am Little Dragons
5:45-6:30 pm Little Dragons		5:45-6:30 pm Little Dragons			10:30-11:30 am FIT Boxing Class
6:30-7:45 pm Beginner & Novice	6:30-7:45 pm Advanced to Black Belts	6:30-7:45 pm Beginner & Novice	6:30-7:45 pm Advanced to Black Belts	6:00-7:15 pm Competitive Tech	11:30am- 12:15pm TKD/Technical
7:45-9:00 pm Competitive Tech	7:45-9:15 pm FIT Level 2 Offsite	7:45-9:00 pm Competitive Tech	7:45-9:15 pm FIT Level 2 Offsite		

DOWNSTAIRS					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15-5:30 pm Daily Dragons	4:15-5:30 pm Daily Dragons	4:15-5:30 pm Daily Dragons	4:30-5:30 pm Demo Team	4:15-5:30 pm Daily Dragons	
	7:45-8:45 pm FIT Level 1	6:30-7:30 pm Black Stripe PREP	7:45-8:45 pm FIT Level 1		9:00-9:45 am Mini Dragons
					9:45-10:30 am Mini Dragons

<i>Beginner = White Belt**</i>	<i>Novice = Yellow Stripe to Green Belt**</i>	<i>Advanced = Blue Stripe to Black Belts</i>
<i>Black Stripe Prep = Black Stripes</i>	<i>Mini-Dragons = 2 &amp; 3 year old (parented)</i>	<i>FIT Boxing = Boxing &amp; Fitness (ages 11+)</i>
<i>Black Stripes = Can attend ** Classes</i>	<i>Little Dragons = 4 &amp; 5 year old</i>	<i>TKD/Technical = Yellow Stripes &amp; up</i>
<i>Daily Dragons = After School Alternative</i>	<i>FIT = Fitness Intense Training Level 1 (ages 6+) Level 2 (ages 12+)</i>	<i>Competitive Tech = Taekwon-Do Portion</i>