

2019 Winter 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 Bronze	5:30-6:00 pm DD Bronze	4:15-5:30 pm Daily Dragons		9:00-10:30 am Competitive Tech B&S
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		10:30-11:45 am Yellow Stripes & Up
5:45-6:30 pm Little Dragons		5:45-6:30 pm Little Dragons			
7:45-9:00 pm Competitive Tech B&S	7:30-9:00 pm Silver F.I.T. Offsite	7:45-9:00 pm Competitive Tech B&S	7:30-9:00 pm Silver F.I.T. 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	4:15-5:30 pm Demo Team	4:15-5:30 pm Daily Dragons	
	7:30-8:45 pm Bronze F.I.T. incl Drop-In		7:30-8:45 pm Bronze F.I.T. Incl Drop-In		9:45-10:00 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 Stripes = Can attend ** Classes</i>	<i>Mini-Dragons = 2 & 3 year old (parented)</i>	<i>Little Dragons = 4 & 5 year old</i>
<i>Daily Dragons = After School Alternative</i>	<i>F.I.T. = Fitness Intense Training</i>	<i>Competitive = Technical Portion B = Bronze S = Silver</i>