

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Hatchling/Little Dragon Programs					
4:30p	-		-		-
4:45p	Little Dragons Int/Adv**	Little Dragons Int/Adv**	Little Dragons Int/Adv**	Little Dragons Int/Adv**	-
5:00p					-
5:15p		Hatchling Dragons 5:15p-5:45p		Hatchling Dragons 5:15p-5:45p	-
5:30p	Little Dragons Basic	Little Dragons Basic 5:45p-6:15p	Little Dragons Basic	Little Dragons Basic 5:45p-6:15p	-
5:45p					-
6:00p		-	-		-
8 yr+ Programs					
4:00p	Grappling		-		-
5:00p	Jr TKD Basic	Jr TKD Intermediate & Advanced	Jr TKD Basic	Jr TKD Intermediate & Advanced	Grappling
6:00p	Jr TKD Intermediate <i>Jr Kung Fu</i> <i>Gumdo (Korean Sword)</i>	Jr TKD Basic	Jr TKD Intermediate <i>Jr Kung Fu</i>	Jr TKD Basic <i>Gumdo (Korean Sword)</i>	Specialty Classes
7:00p	Teen/Adult TKD <i>Teen/Adult Kung Fu</i>	Tai Chi <i>Black Belts</i>	Teen/Adult TKD <i>Teen/Adult Kung Fu</i>	Tai Chi <i>Black Belts</i>	
<i>Italicized designates side-by-side classes</i>					<i>**45 min classes</i>

Hatchlings - ages 3 through 4 Little Dragons - ages 5 through 7 Juniors - ages 8 through 12 Adults - ages 13 and up Schedule subject to change

Owner/Head Instructor: Jessica Carson

Program Directors: Zoe Tassava & Tanya Fitzwilliams

Yong Kwon Promise (Student Oath)

“I will train with the intent to become stronger physically, mentally, and spiritually. I will show gratitude to my seniors, service to my juniors, and respect for myself and family. I seek honor, not glory; patience, not rage; courage, in spite of fear; and the power to protect those who cannot.”

Little Dragon Student Oath

I'm a Little Dragon, oh so strong
Learning each day what's right and wrong
And in this class I know I'll find
Honesty for the heart, knowledge for my mind
Dressed in purple, green, and white
This class will teach me, “Might for Right”!”

