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# Class Schedule

	<b>Monday</b> Zoom Classes	<b>Tuesday</b> Zoom Classes	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>4:30-5:10</b>	<b>Advanced Belts</b>  Purple Blue Red Brown	<b>Beginners</b>  White Gold Orange	<b>Advanced Belts</b>  Purple Blue Red Brown	<b>Beginners</b>  White Gold Orange	<b>Private Lessons</b> 4 – 5:30pm  1 <sup>st</sup> & 3 <sup>rd</sup> Fridays of the Month	<b>Private Lessons</b>  <b>Seminars</b>  <b>Parties</b>  <b>Schedule One Today!</b>
<b>5:00-5:40</b>	<b>Spar/Grapple/Pankration</b>	<b>Spar/Grapple/Pankration</b>	<b>Spar/Grapple/Pankration</b>	<b>Spar/Grapple/Pankration</b>	<b>Weapons Seminars</b> 5-8pm  2 <sup>nd</sup> Friday of the Month	
<b>5:30-6:10</b>	<b>Beginners &amp; Intermediate</b>  White Gold Orange Green	<b>Advanced &amp; Intermediate</b>  Green Purple Blue Red Brown	<b>Beginners &amp; Intermediate</b>  White Gold Orange Green	<b>Advanced &amp; Intermediate</b>  Green Purple Blue Red Brown		
<b>6:00-6:40</b>	<b>Black Belt Degree Training</b>	<b>Introductory Class</b> 6:10pm	<b>Black Belt Degree Training</b>	<b>Introductory Class</b> 6:10pm		
<b>6:30-7:00</b>	<b>Adult Class</b>	<b>Adult Class</b>	<b>Adult Class</b>	<b>Adult Class</b>		
<b>7:00-7:30</b>	<b>Spar/Grapple/Pankration</b>	<b>Spar/Grapple/Pankration</b>	<b>Spar/Grapple/Pankration</b>	<b>Spar/Grapple/Pankration</b>		
<b>7:20-8:00</b>	<b>Cardio Kickboxing</b>	<b>Cardio Kickboxing</b>	<b>Ladies Kickboxing &amp; MMA</b>	<b>Cardio Kickboxing</b>		

## Little Dragons

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:00-5:30</b>	Little Dragons		Little Dragons			

## Z Team

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>7:00-8:00</b>		Forms / Demo		Fight Team		

**See our monthly calendars for all our current upcoming events.**