

class schedule

www.fightingdragons.net

Mon	Tue	Wed	Thu	Fri	Sat
10:00-11:15 beginning adults		10:00-11:15 beginning adults		10:00-11:00 hardcore session 10:00-12:00 open workout	10:00-11:00 Tai Chi 11:00-12:00 hardcore session 11:00-1:00 open workout 1:00-2:00 demo team
3:30-4:15 beginning kids 4:15-5:00 advanced kids		3:30-4:15 beginning kids 4:15-5:00 advanced kids			
6:15-7:30 intermediate adults	6:00-6:45 beginning kids 6:45-7:30 advanced kids	6:15-7:30 intermediate adults and Tai Chi	6:00-6:45 beginning kids 6:45-7:30 advanced kids	6:00-7:00 harcore session 6:00-8:00 open workout	
7:45-9:00 beginning adults	7:30-9:00 advanced adults	7:45-9:00 beginning adults	7:30-9:00 advanced adults	8:00-9:00 demo team	

*private classes available by appointment