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Fitness Kickboxing
6:00-7:00am



Adults
Martial Arts
9:30am- 10:30am



Little Dragon's
3-5 Year Olds
10:30am-11:00am



L/D Weapons
4:00PM- 4.15pm



Little Dragon's
3-6 Year Olds
4:30pm-5:00PM



Elite Dragon's
Brazilian Jiu-jitsu
5:00- 5:30pm

Kids Beginners **NEW**

5:00-5:45PM 7-9'S

Elite XMA
5:15PM-6:15PM



Kids Weapons
5:45pm- 6.15pm

Fitness Kickboxing
6:00-7:00pm



Kids Beginners
10-12's
6.15- 7.00pm



Kids Advanced
7.00pm-8:30PM



Adults
Brazilian Jiu-jitsu
7:00pm- 8:00pm



Adults
Martial Arts
8:00pm - 9:00pm



EAAP
POOMSAE
4:00pm- 5:30pm



Kids Beginners
7-9yr
4:30PM-5:15PM



Kids Tumbling
4.00-5.00pm



Teen / Adults Tumbling
5.00-6.00pm



Kids Beginners
10-12's
5:30PM-6.15PM



Adult /Teen Tricking & Parkour
6:00pm-7:00pm



Kids
Brazilian Jiu-jitsu
6.00- 7.00pm



Little Dragon's
3-6 Year Olds
6:15pm-6:45PM



TEEN CLASS
7:00-8:00pm



MUAY THAI
7:00pm- 8:00pm



Adults
Brazilian Jiu-jitsu
7:00pm- 8:00pm



Adults
Martial Arts
8:00pm- 9:00pm



Fitness Kickboxing
6:00-7:00am



Adults
Martial Arts
9:30am- 10:30am



Little Dragon's
3-5 Year Olds
10:30am-11:00am



EAAP Sparring
4:00pm-5.30 pm



Little Dragon's
3-6 Year Olds
4:00pm-4:30PM



Elite Dragon's
Brazilian Jiu-jitsu
4:30- 5:00pm



Kids Beginners
7-12's
5:00-5:45pm



Little Dragon's
3-6 Year Olds
6:00pm-6:30PM



Fitness Kickboxing
6:30-7:30pm



Kids Advanced
6.30pm-8:00PM



Kids Beginners
7-12's
7:15-8:00pm



Teen and Adults Tumbling
8.00-9.00pm



MMA CLASS
8:00- 9:00pm



EAAP
4:00pm-5:30pm



Little Dragon's
3-6 Year Olds
4:00PM-4:30PM



Kids Weapons
4.45PM-5.15PM



Kids Beginners 7-9's
5:15PM-6:00PM



Kids Beginners 10-12s
6:00pm-6:45pm



Kids Brazilian
Jiu-jitsu
6:00pm- 7:00pm



Fitness Kickboxing
6:00-7:00pm



MUAY THAI
7:00pm- 8:00pm



TEEN CLASS
7.00-8.00pm



ADULTS
Brazilian Jiu-jitsu
8:00- 9:00pm



Adults
Martial Arts
8:00pm- 9:00pm

Fitness Kickboxing
6:00-7:00am

Fitness Kickboxing
7:00-8:00am



Kids Beginners
7-12's
9.15-10.00am



Elite Dragons Brazilian
Jiu-jitsu
9.30-10.00am



Little Dragon's
3-6 Year Olds
10:00am-10:30am



Elite Dragon Weapons
10:30am-10:45am



Kids Beginners 7-12yr
10:45am-11:30am



ADULTS
Brazilian Jiu-jitsu
10.30-11.30am



Kids Weapons
11:30am-12:00pm



MMA
11:30am- 12:30pm



kids Brazilian
Jiu-jitsu
12:00pm- 1:00pm



Parkour/ Tricking OPEN
Supervised only
12.45-1.45pm



Kids Beg. 7-12's
1:00PM-1:45PM



OPEN Tumbling
Supervised only
1.45-2.45pm

Kids Tumbling
4.00-5.00pm

Little Dragon's
Weapons
4:00PM-4:15PM

Little Dragon's
3-6 Year Olds
4:15pm-4:45PM

Kids Brazilian
Jiu-jitsu
5:00pm- 6:00pm

Kids Beginners
7-9's
5:15PM-6:00PM

Kids Beginners
10-12's
6:00PM-6:45PM

Kids Advanced
6.00pm-7:30PM

TEEN CLASS
7.30-8:30pm

Kids Parkour/Tricking
6.45-7.45pm

Adults/ Teen
Parkour/tricking
7.45-8.45pm