



HOUSE OF DRAGONS

SUMMER SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	9 AM OPEN MAT				9 AM OPEN MAT		
10am		Koi Fish				Koi Fish ????	
11am	11-12 YOUTH STRIKING	11 am Women's Only	Adult Muay thai	11-12 YOUTH STRIKING	Adult Muay Thai	Stretching Class	
12:00pm	12:45 Homeschool Group	12:00 Youth Wrestling			12:45 Homeschool Group	12:00 Youth Wrestling	
4pm		Koi Fish			Tumbling & Acrobatics		Tiny Tumblers
5pm	Little Dragons	Young Warriors	Little Dragons	Young Warriors	Koi Fish (5:15pm)		Tumbling & Acrobatics
5:45pm	Young Warriors	Little Dragons	Young Warriors	Little Dragons	Little Dragons		
6:30pm	Karate Combat	Adult Muay Thai	Adult Boxing	Adult Muay Thai	Young Warriors		
7:30pm	Adult Boxing/MMA	Adult Muay Thai	Adult MMA	Adult Muay Thai	Cardio Kickboxing		

PINK- COACH JADE BLUE- SENSEI MARCO/ COACH MEL/COACH T AVAILABILITY