


# Red Dragon Glendora Class Schedule

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning classes		<b>CARDIO KICKBOX</b>		<b>CARDIO KICKBOX</b>		<b>CARDIO KICKBOX</b>
		<b>9:00AM</b>		<b>9:00AM</b>		<b>9:00AM</b>
Morning classes					10:00am Adults only Karate class Beginner & Intermediate	<b>CAMO CLUB</b> <b>10:00A</b>
Morning classes						Mini Dragons 10:30am
Morning classes						White Belts 11:00am
3:00pm						Dragons age 6-12 Yellow- M.Orange 11:30a
3:30PM		<b>CAMO CLUB</b>				Teen-Adult all ranks 12:00 noon
4:00 PM	Mini Dragons Age 4-6	Mini Dragon Age 4-6	Orange Belt Specialty	Mini Dragon age 4-6	Brown Belt Specialty	S.W.A.T. 12:30pm
4:30 PM	Dragons age 10-12 Yellow /M. Orange	Dragons age 6-12 Blue - Black	Blue Belt Specialty	Sparring class Age 6-9 Yellow /Mst Orange	Green Belt Specialty	<b>Special Events</b>
5:00 PM	Dragons age 6-12 Blue - Black	Dragons age 6-9 Yellow /Mst Orange	Black Belt club All ages 5:00-5:45pm	Sparring class Age 10-12 Yellow /Mst Orange	Yellow Belt Specialty Age 5-17	<b>Special Events</b>
5:30 PM	Dragons age 6-9 Yellow /Mst Orange	Dragons age 10-12 Yellow /M. Orange		Sparring class age 6-9 Blue to Black	MASTER Yellow Belt Specialty	<b>Special Events</b>
6:00 PM	White Belts All Ages	White Belts all ages	Green Belt Specialty 5:45-6:15pm	White Belts all ages	Orange Belt Specialty	<b>Special Events</b>
6:30 PM	Teen Dragon age 13-17 Yellow - Black	Black Belt Specialty 6:30-7:00pm	Brown Belt Specialty 6:15- 6:45pm	Sparring class age 10-12 Blue to Black	Blue Belt Specialty	
7:00 PM	Adults 18 & up Yellow -Black	Teen /Adults Yellow-Black 7:00pm	Masters Club All ages 6:45-7:30pm	Black Belt Specialty 7:00-8:00pm	<b>Special Events</b>	
7:30 PM	ADULT Specialty Yellow - M. Orange	ADULT Specialty Blue to Brown 7:30-8:15pm	Judo Club 7:30-8:00pm	Black Belt Specialty 7:00-8:00pm		<b>Special Events</b>
8:00 PM	<b>Cardio Kick Box</b>		<b>Cardio Kick Box</b>	Teens /Adults Sparring 8:00pm	<b>Special Events</b>	
8:30 PM						

