

SUNDAY

TIME	CLASS	AGE	BELT RANK
9:00 AM	Little Dragons	4 - 6 yrs	White/Yellow
10:00 AM	Little Dragons Intermediate	4 - 6 yrs	Yellow/Orange
11:00 AM	Youth Intermediate	7 - 11 yrs	Orange/Purple/Blue
12:00 PM	Youth Advanced	10 - 15 yrs	Purple/Blue/Green/Brown
1:00 PM	Teen	12 - 17 yrs	All Belt Ranks
2:15 PM	Tiny Tigers	2.9 - 4 yrs	Tiny Tigers

TUESDAY

TIME	CLASS	AGE	BELT RANK
2:00 PM	Tiny Tigers	2.9 - 4 yrs	Tiny Tigers
4:15 PM	Teen	12 - 17 yrs	All Belt Ranks
5:15 PM	Youth Beginner	7 - 11 yrs	White/Yellow
6:15 PM	Youth Intermediate	7 - 11 yrs	Orange/Purple/Blue

WEDNESDAY

TIME	CLASS	AGE	BELT RANK
3:15 PM	Tiny Tigers	2.9 - 4 yrs	Tiny Tigers
4:00 PM	Little Dragons	4 - 6 yrs	White/Yellow
5:00 PM	Youth Beginner	7 - 11 yrs	White/Yellow
6:00 PM	Adult Kenpo	16 +	All Belt Ranks

THURSDAY

TIME	CLASS	AGE	BELT RANK
10:30 AM	Tiny Tigers	2.9 - 4 yrs	Tiny Tigers
4:00 PM	Youth Intermediate	7 - 11 yrs	Orange/Purple/Blue
5:00 PM	Little Dragons Intermediate	4 - 6 yrs	Yellow/Orange
6:00 PM	Youth Advanced	10 - 15 yrs	Purple/Blue/Green/Brown
7:00 PM	Adult Kenpo	16 +	All Belt Ranks

FRIDAY

TIME	CLASS	AGE	BELT RANK
4:00 PM	Little Dragons	4 - 6 yrs	White/Yellow
5:00 PM	Youth Beginner	7 - 11 yrs	White/Yellow
6:00 PM	Adult Kenpo	16 +	All Belt Ranks

SATURDAY

TIME	CLASS	AGE	BELT RANK
8:00 AM	Adult Kenpo	16 +	All Belt Ranks
9:00 AM	Little Dragons Intermediate	4 - 6 yrs	Yellow/Orange
10:00 AM	Little Dragons	4 - 6 yrs	White/Yellow
11:00 AM	Youth Intermediate	7 - 11 yrs	Orange/Purple/Blue
11:45 AM	Youth Beginner	7 - 11 yrs	White/Yellow
1:00 PM	Teen	12 - 17 yrs	All Belt Ranks

WHAT CLASSES MAY I ATTEND?

2.9 - 4 yrs	karate based movement class	Tiny Tigers
4 - 6 yrs	white/yellow belts	Little Dragons
4 - 6 yrs	yellow/orange belts	Little Dragons Intermediate
7 - 11 yrs	white/yellow belts	Youth Beginner
7 - 11 yrs	orange/purple/blue belts	Youth Intermediate
10 - 15 yrs	purple/blue/green/brown belts	Youth Advanced
12 - 17 yrs	all belt ranks	Teen
16 + yrs	all belt ranks	Adult Kenpo
14 + yrs	all levels-women only	Women's Self Defense Seminar: Inquire for Dates

Email Mr. C (guy@dedhamhealth.com) or Miss Cynthia (cynthia@dedhamhealth.com) if you have any questions or to schedule private lessons!

DHAC MARTIAL ARTS



SCHEDULE

*DATES ARE SUBJECT TO CHANGE

IMPORTANT DATES: SEPTEMBER 2018 – AUGUST 2019

SEPT 2 - 8, 2018 Closed for Labor Day Break Week

SEPT 9, 2018 Back to the Mats! Fall Opening Day!

SEPT 16 - 22, 2018 Bring a Buddy Week!

Oct 1, 2018 World Day of Bullying Prevention Open House

Nov 17, 2018 DHAC Knockout Hunger Tournament

NOV 21-23, 2018 Closed for Thanksgiving

**Stay tuned for special class schedules
and events during break weeks**

DEC 23, 2018 - JAN 1, 2019 Closed for Christmas/New Years

FEB 16 - 18, 2019 Closed for President's Weekend

APR 6, 2019 12th Annual Kenpo Karate Tournament

APR 16 - 22, 2019 Closed for Spring Break

MAY 12, 2019 Moms on the Mats! Mother's Day

JUN 16, 2019 Dads in the Dojo! Father's Day

JUL 1 - 7, 2019 Closed for 4th of July

SEPT 1 - 7, 2019 Closed for Labor Day Break Week

Instructors

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