



CLASS SCHEDULE

Lebanon
Effective April 1, 2020

A - Day MONDAY	A - Day TUESDAY	B - Day WEDNESDAY	B - Day THURSDAY	A - Day FRIDAY	B - Day SATURDAY
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LITTLE DRAGONS (4-6) – Actual Class Placement To Be Determined By Instructors

White - Jr. Orange	4:00 PM	5:30 PM	1:15 PM 4:00 PM	5:30 PM	1:15 PM 4:00 PM	9:30 AM
Orange - Brown	4:30 PM	6:00 PM	1:15 PM 4:30 PM	6:00 PM	1:15 PM 4:00 PM	9:30 AM

CHILDREN (6-11) – Actual Class Placement To Be Determined By Instructors

White - Gold	5:15 PM	4:00 PM	12:30 PM 5:15 PM	4:00 PM	12:30 PM 4:30 PM	10:00 AM
Orange - Black	6:00 PM	4:45 PM	12:30 PM 6:00 PM	4:45 PM	12:30 PM 4:30 PM	10:00 AM

Teens (11 and up) – Actual Class Placement To Be Determined By Instructors

White - Black	6:45 PM		11:30 AM 6:45 PM		11:30 AM 6:00 PM	10:45 AM
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Adults – Actual Class Placement To Be Determined By Instructors

White - Black		6:45 PM	11:30 AM	6:45 PM	11:30 AM 6:00 PM	10:45 AM
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Demo Team Practice

TEAM MEMBERS					5:15	
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A-DAY is instruction in Basics, Kata, and Self-Defense

B-DAY is instruction in Kiso Katas, Sparring, and Reaction Drills.

* Graduation Ceremonies are held on the 2nd Friday of each month (unless otherwise posted).



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