

Red Dragon Karate Family Martial Arts  
Academy  
Palm Desert Schedule 2017  
Curriculum Days

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mornings Appointment Only						Set Up your Birthday Here @ RDK
4:00	Mighty Mite Circuit Training (Ages 4-6)	Mighty Mites (Ages 4-6)	Mighty Mites (Ages 4-6)	Mighty Mite Sparring (ages 4-6)	White Belts (all Ages)	
4:30	Juniors (ages 6-12) Yellow – Master Orange	Juniors (ages 6-12) Blue-Master Green	Juniors (ages 6-12) Yellow – Master Orange	Juniors Sparring (Ages 6-12)	Juniors (ages 6-12) Blue-Master Green	
5:00	Adults & Teens (Ages 13 & Up) White-Master Orange	Adult & Teen (ages 13 & Up) Blue-Master Green	Adults & Teens (Ages 13 & Up) White-Master Orange	Adult & Teen Sparring (Ages 13 & up)	Adult & Teen (ages 13 & Up) Blue-Master Green	
5:30	Juniors (ages 6-12) Blue-Master Green	Juniors (ages 6-12) Yellow – Master Orange	Juniors (ages 6-12) Blue-Master Green	Junior Sparring (Ages 6-12)	Juniors (ages 6-12) Yellow – Master Orange	
6:00	Adult & Teen (ages 13 & Up) Blue-Master Green 6:15 pm	Juniors (ages 6-12) White Belts	White belts (Ages 6-12)	Cardio Kickboxing 6-6:30 pm	Adults & Teens (Ages 13 & Up) White-Master Orange	
6:45	Black Belt Club 6:45-7:30 pm	Adults & Teens (ages 13 & Up) White-Master Orange (6:30pm)	Team Leaders 6:30-7:00	Adult & Teen Sparring (Ages 13 & up)		
7:00 pm	Black Belt Class 7:30pm-8:30pm	Cardio Kickboxing 7-7:45 pm	Cardio Kickboxing 7-7:45pm			