

Red Dragon Karate  
Academy  
Palm Desert Schedule 2018

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