









RED DRAGON GLENDORA CLASS SCHEDULE

CLASS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am		CARDIO KICKBOXING	9:00am YOGA	CARDIO KICKBOXING		9:00am YOGA
10:00am		MOMS CLUB Karate Class 10:00a-11:00a		MOMS CLUB Karate Class 10:00a-11:00a		Mini Dragons 10:00 am
Morning classes						White Belts 10:30 am
Morning classes						Dragons age 6-17 Yellow-Mst Orange 11:00 am
3:00pm						Dragons age 6-17 Blue -Brown 11:30 am
3:30PM						ADULTS ONLY Yellow-Brown 12:00 NOON-
4:00 PM	Mini Dragons Age 4-6	Mini Dragon Age 4-6	Blue Belt Specialty	Mini Dragon age 4-6	Master Yellow Belt Specialty	
4:30 PM	Dragons age 6-12 Yellow /Mst Yellow	Dragons age 6-12 Blue - Black	Green Belt Specialty	Sparring class age 6-9 Blue to Black	Yellow Belt Specialty	Special Events
5:00 PM	Dragons age 6-12 Blue - Black	Dragons ages 6-12 Orange /M. Orange	Black Belt club ages 7-12 5:00-6:00pm	Sparring class Age 6-9 Yellow /Mst Orange	Orange Belt Specialty	Special Events
5:30 PM	Dragons age 6-12 Orange /M. Orange	Dragons age 6-12 Yellow /Mst Yellow	Black Belt club ages 7-12 5:00-6:00pm	Sparring class Age 10-12 Yellow /Mst Orange	REVIEW CLASS ORANGE to BROWN Belts	Special Events
6:00 PM	White Belts All Ages	White Belts all ages	Brown Belt Specialty 6:00pm	White Belts all ages	REVIEW CLASS ORANGE to BROWN Belts	Special Events
6:30 PM	Teen Dragon age 13-17 Yellow - Black	Black Belt Specialty 6:30-7:00pm	Masters Club All ages 6:30-7:05pm	Sparring class age 10-12 Blue to Black	Special Events	
7:00 PM	Adults 18 & up Yellow -Black	Teen /Adults Yellow-Black 7:00pm	TEEN / ADULT BLACK BELT CLUB	Black Belt Specialty 7:00-8:00pm	Special Events	
7:30 PM	ADULT Specialty Yellow - M. Orange	ADULT Specialty Blue to Brown 7:30-8:00pm	TEEN / ADULT BLACK BELT CLUB	Black Belt Specialty 7:00-8:00pm	Special Events	
8:00 PM		BLACK Belt Club Age 13 & up		Teens /Adults Sparring 8:00pm	Special Events	
8:30 PM				Teens /Adults Sparring 8:00pm		