

# IMPACT MARTIAL ARTS & FITNESS - TEAM FEIDT DRAGON & WHITE BELT CLASSES

## MONDAY

### Clay Commons Dojo

4:00-DRAGONS (3-6 year olds)

4:30-WHITE BELTS – Jrs & Ad

## TUESDAY

### Clay Commons Dojo

10:30am – WHITE BELT - Adults

5:45-DRAGONS (3-6 year olds)

6:15-WHITE BELTS – Jrs & Ad

## WEDNESDAY

### Clay Commons Dojo

4:00-DRAGONS (3-6 year olds)

4:30-WHITE BELTS – Jrs & Ad

## THURSDAY

### Clay Commons Dojo

10:30am-WHITE BELT - Adults

5:45-DRAGONS (3-6 year olds)

6:15-WHITE BELTS – Jrs & Ad

## FRIDAY (TEAM T-SHIRT DAY)

### Great Northern Mall Dojo

5:00-DRAGONS (3-7 year olds)

5:30-WHITE BELTS – Jrs & Ad

## SATURDAY (TEAM T-SHIRT DAY)

### Great Northern Mall Dojo

10:00am- DRAGONS (3-7 year olds)

10:45am-WHITE BELTS - Jrs & Ad

1:00 & 3:30-BIRTHDAY PARTY

## SUNDAY (TEAM T-SHIRT DAY)

### Great Northern Mall Dojo

11:00AM-BIRTHDAY PARTY

1:30- DRAGONS (3-7 year olds)

2:00- WHITE BELT - Jrs

2:45- WHITE BELT - Ads

## DOJO GUIDELINES

- Always demonstrate your respect with a formal **bow** as you enter and exit the dojo and mat.
- Please keep your uniform neat, clean and odor free with your patches properly sewn.
- For your safety and the safety of others, no jewelry may be worn on the training areas.
- Please arrive 10 minutes prior to class and place your shoes neatly in the shoe rack.



SCHEDULE BEGINS SEPTEMBER 2016