

# Class Schedule



Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 4:30pm Mighty Dragons	4:00 - 4:45pm To-Shin Do (Level 2)	4:00 - 4:30pm Mighty Dragons	4:00 - 4:45pm To-Shin Do (Level 2)	10:00 - 10:30am Mighty Dragons
4:30 - 5:15pm To-Shin Do (Level 1)	4:45 - 5:15pm Mighty Dragons	4:30 - 5:15pm To-Shin Do (Level 1)	4:45 - 5:15pm Mighty Dragons	10:30 - 11:15am To-Shin Do (Level 1)
5:15 - 5:45pm Mighty Dragons	5:15 - 6:00pm To-Shin Do (Level 1)	5:15 - 5:45pm Mighty Dragons	5:15 - 6:00pm To-Shin Do (Level 1)	11:15 - 11:45am Mighty Dragons
5:45 - 6:30pm To-Shin Do (Level 2)	6:00 - 6:45pm To-Shin Do (Level 3)	5:45 - 6:30pm To-Shin Do (Level 2)	6:00 - 6:45pm To-Shin Do (Level 3)	11:45 - 12:30pm To-Shin Do (Level 2)
6:30 - 7:15pm To-Shin Do (Level 1)	6:45 - 7:30pm To-Shin Do (Level 2)	6:30 - 7:15pm To-Shin Do (Level 1)	6:45 - 7:30pm To-Shin Do (Level 2)	12:30 - 1:15pm To-Shin Do (Level 3)
7:15 - 8:00pm To-Shin Do (Level 3)	7:30 - 8:15pm All-Levels Adults*	7:15 - 8:00pm To-Shin Do (Level 3)		

\*2nd Wednesday  
Public Meditation

AGES 4 - 7

## Mighty Dragons

Kids develop resiliency, awareness, and respect.

 Mighty Dragons (All Belts)

AGES 8 - ADULT

## To-Shin Do

Youth and Adults learn practical, intelligent self-defense.

 Level 1 white & yellow  Level 2 blue & red  Level 3 green, brown, & black