

ZEN DRAGON

School of Martial Arts

JANUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26 TINY DRAGON TEST 5:00 - 6:30	27	28	29	30 ALL BELT TEST 11:00AM - 2:00
31						

"I LOVE ZEN DRAGON"

CLASS SCHEDULE

MONDAY / WEDNESDAY

Kid's Beginners
& Green Belt Class
4:45 - 6:00
Kid's, Advanced
6:15 - 7:30
CASSIE'S
WOMEN ONLY!
ZEN CARDIO
CLASS
5:00-6:00PM
(Wednesdays only)

TUESDAY

Tai Chi
8:00-9:00
WITH
COACH ANDREW SMELTZ

TUESDAY / THURSDAY

Tiny Dragons
4:45-5:30
Adult Beginners
5:45 - 7:00
Adult Advanced
7:15 - 8:30

FRIDAY

SPARRING CLASS
ALL AGES
(MUST HAVE GEAR)
4:45-5:15
ALL BELTS
ALL AGES
5:30 - 6:30
GOLDEN TIGERS
6:45 - 8:00
BLACK BELT CLASS
(MUST BE A BLACK BELT TO ATTEND)
6:45 - 8:00

TUES. JANUARY 26TH
5:00PM - 6:30 PM
TINY DRAGON
BELT TEST

SAT. JANUARY 30TH
11:00-2:00PM



717-262-9060

www.zendragonschool.com