



955 Main Street
 Downtown Walpole, MA 02081
 (508) 660-1606

Age Groups

Little Dragons 4 - 7
 Juniors 8- 12
 Teen / Adult 13+

Ability Levels

Beginner: White - Orange
 Intermediate: Purple - Blue/Stripe
 Advanced: Green - Brown
 Open: All Ranks

Programs

Personal Training Session: By Appointment Only

CIT- Certified Instructor Training

S.T.O.R.M.– Special Team of Role Models

Black Belt Club– a free commitment-based program available to students purple belt and above.

Schedule of Classes

Valid as of April 4th, 2022.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Personal Training or Introductory Lesson 4:00 - 4:30			
Personal Training or Introductory Lesson 4:00 - 4:30		Little Dragons Beginner and Intermediate 4:45 - 5:20			Teen / Adult Open 9:00AM - 10:00 AM
Little Dragons Beginner and Intermediate 4:45 - 5:20	Special Events 4:45 - 5:30	Junior Beginner and Intermediate 5:30 - 6:15	Personal Training or Introductory Lesson 4:30 - 5:00		Little Dragons and Juniors White - Blue/Stripe 10:00 - 10:45
Junior Beginner and Intermediate 5:30 - 6:15	Little Dragon Advanced and Junior Advanced / Black Belt 5:30 - 6:15	Weapons (Black Belt Club Students) 6:15 - 6:45	Little Dragon Advanced and Junior Advanced / Black Belt 5:30 - 6:15	Fridays reserved for Special Events.	Little Dragons and Juniors Green - Jr. Black 11:00- 11:45
Personal Training or Introductory Lesson 6:15 - 6:45	Personal Training or Introductory Lesson 6:45 - 7:15	1st Wed of month: Bo Staff (Purple Belt and Above)	Tai Chi 6:30 - 7:15		
Teen / Adult Open 7:00 - 8:00		2nd Wed. of month: Sai (Blue/Stripe Belt and Above)	Personal Training or Introductory lesson 7:00 - 7:30		
		3rd Wed of month: Nunchaku (Green Brown Belt and Above)			
		4th Wed. of month: Katana (Brown Belt and Above)			
		Teen / Adult Open 7:00 - 8:00			