

ISMA Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Black Belt Workout 9am - 10pm				
Homeschool White - Yellow 10am - 11 am		Homeschool White - Yellow 10am - 11 am		
Homeschool Green - Black 11am - 12:30pm		Homeschool Green - Black 11am - 12:30pm		
ASP Little Dragons 4:00pm - 4:30pm	ASP Little Dragons 4:00pm - 4:30pm	ASP All Ranks Team Building 4:00 pm - 5:00pm	ASP Little Dragons 4:00pm - 4:30pm	
ASP White - Black 4:30pm - 5:15pm	ASP White - Black 4:30pm - 5:15pm		ASP White - Black 4:30pm - 5:15pm	
Traditional Green - Black Juniors 5:15pm - 6:15pm	Traditional Green - Black Juniors 5:15pm - 6:15pm		Traditional Green - Black Juniors 5:15pm - 6:15pm	Traditional* All Rank Juniors 5:15pm - 6:15pm
Traditional White - Yellow (Little Dragons) 6:15pm - 7:15pm	Traditional White - Yellow (Little Dragons) 6:15pm - 7:15pm		Traditional White - Yellow (Little Dragons) 6:15pm - 7:15pm	Traditional* All Rank Adults 6:15pm - 7:15pm
Traditional All Rank Adults 7:15pm - 8:30pm	Traditional All Rank Adults 7:15pm - 8:30pm		Traditional All Rank Adults 7:15pm - 8:30pm	

*Subject to cancellation

Juniors ages 5 - 12, Adults 13+

ISMA Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Dragons 10:00 am		Tiny Dragons 10:00 am		
Little Dragons 10:30 am		Little Dragons 10:30 am		
	Tiny Dragons 6:15pm - 6:45pm		Tiny Dragons 6:15pm - 6:45pm	

*All eveing Little Dragons classes have now been combined with the Traditional White/Yellow Belt classes at 6:15pm

*Subject to cancellation

Juniors ages 5 - 12, Adults 13+