

DTA "SUMMER" SCHEDULE 2022 - Effective JUNE 15, 2022

KNUCKLEHEADS [3 - 5 year olds] (30 min)						
RANK	Mon	Tues	Wed	Thurs	Fri	Sat
White - Red KNUCKLE	5:30pm	10:15am 5:00pm	4:30pm	10:15am 5:00pm	5:30pm	9:00am
BLACK BELT KNUCKLE (Sr. White)	10:15am 5:00pm	6:15pm	10:15am 5:30pm	6:15pm	5:00pm	9:30am
KIDS [6-11 year olds] (30 min)						
RANK	Mon	Tues	Wed	Thurs	Fri	Sat
White, Yellow, & Orange	10:15am 5:00pm	6:15pm	10:15am 5:30pm* <i>*Combos*</i>	6:15pm	5:00pm	9:30am
Green, Purple, & Blue	11:00am 6:15pm	5:30pm	11:00am 5:00pm* <i>*Sparring*</i>	5:30pm	6:15pm	10:15am
Brown, Red, & Black	11:00am 6:15pm <i>Break After</i>	5:30pm <i>Break After</i>	11:00am 5:00pm* <i>*Sparring*</i> <i>NO BREAK</i>	5:30pm <i>Break After</i>	6:15pm <i>Break After</i>	10:15am <i>Break After</i>
TEENS [12-15 year olds] / ADULTS [16+] (45 min)						
TIME	Mon	Tues	Wed	Thurs	Fri	Sat
DAY (all)		11:00am		11:00am		11:00am
NIGHT	7:00pm COLOR BELTS	7:00pm ALL <i>*Teens & Adults will be divided*</i>	7:00pm (30min) TEENS <i>*all ranks*</i> 8:00pm (30min) ADULTS [social after]	7:00pm ALL <i>*Teens & Adults will be divided*</i>	7:00pm EVERYBODY	
SPECIAL	7:45pm BLACK BELTS [1 hour]		7:30pm FIGHT CLUB			

Just 2 Classes a week ==>>> **STAY FOCUSED - STAY ACTIVE - STAY AWESOME!!! ALL SUMMER LONG!!!**

ELITE is on WEDNESDAYS at 6:15pm for 30 min