

DTA "Back2School" SCHEDULE 2022 - Effective AUGUST 17, 2022

KNUCKLEHEADS [3 - 5 year olds] (30 min)						
RANK	Mon	Tues	Wed	Thurs	Fri	Sat
White - Red KNUCKLE	5:00pm	10:15am 5:30pm	4:30pm	10:15am 5:30pm	5:00pm	9:00am
BLACK BELT KNUCKLE (Sr. White)	5:30pm	6:00pm	5:00pm	6:00pm	5:30pm	9:30am
KIDS [6-11 year olds] (30 min)						
RANK	Mon	Tues	Wed	Thurs	Fri	Sat
White, Yellow, & Orange	5:30pm	6:00pm	5:00pm	6:00pm	5:30pm	9:30am
Green, Purple, & Blue	6:15pm	5:00pm	5:45pm	5:00pm	6:15pm	10:15am
Brown, Red, & Black	6:15pm <i>Break After</i>	5:00pm <i>Break Before</i>	5:45pm <i>Break After</i>	5:00pm <i>Break Before</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	6:45pm ADULTS ONLY 7:30pm TEENS ONLY	7:00pm (30min) TEENS *all ranks* 8:00pm (30min) ADULTS	6:45pm ADULTS ONLY 7:30pm TEENS ONLY	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!!!**
Imagine if you came to 3 or more!

ELITE is on WEDNESDAYS at 6:15pm for 30-45 min