



Red Dragon Academy

438 East Main Street, Menomonie WI
(715)235-1122 or (715)309-9114

2009 FALL CLASS SCHEDULE

EFFECTIVE
9-1-09
(REVISED 8/20/09)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-10:45						Adv. All Ages/ BBC Kamas
10:45-11:30						Beg. All Ages/ BBC Kamas
12:00-1:45						Competitor Workouts (as scheduled)
4:00-4:30		Little Dragons		Little Dragons		
4:30-5:10	All Belt Kids	Advanced Kids (P/Bl, R/Br)	All Belt Kids	Advanced Kids (P/Bl, R/Br)	Adv. Little Dragons (Orng Str. +)	
5:10-5:50	Beginner Little Dragons (5:15-5:45)	Beginner Kids (W/Go, O/Gr)	Little Dragons (5:15-5:45)	Beginner Kids (W/Go, O/Gr)	Family Class* (5:00-5:45)	Red Stripes and Above (5:15-6:45)
5:50-6:30	Adv. Dragons (Orng Str. +) (5:45-6:15)		Black Belts (5:45-6:30)			
6:30-6:45	Open Gym/Tournament Prep (6:15-7:00)	Introductory (appointment only)	BBC Judo/ or Tips (ends 7:45)	Introductory (appointment only)	*All Belts Ages 7+ for family class!	<i>Red Striped and above are open to all students of those belt levels. Please be aware that from February to June these classes will focus mostly on preparing that year;s candidates for testing.</i>
6:45-7:30	Black Belts/ All Belt Adult (7:00-8:15)	Black Belts/ All Belt Adult (6:45-8:00)	Forms Class (Gold belts and above)	All Belt Adult		
7:30-8:15			All Belt Adult	Adult Sparring		

TO PRINT EXTRA COPIES OF THE SCHEDULE OR CALENDAR, OR TO FIND OUT WHAT IS COMING UP AT RED DRAGON ACADEMY, CHECK US OUT ON THE WEB AT WWW.REDDRAGONACADEMY.COM!