



IRON DRAGON KUNG FU KICKBOXING CLUB

91 STATION STREET, UNIT 8 , AJAX, ONTARIO
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2017 WINTER / SPRING SCHEDULE – SEPT 5 TO MAY 28/17



Management reserves the right to alter
the existing schedule from time to time

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
L'IL DRAGONS (KIDS 4-8)	5:15 PM 45 min		5:15 PM 45 min		5:15 PM 45 min		12:30 PM 1 hr
YOUNG DRAGONS (KIDS 9-13)		7:00 PM 1 hr		7:00 PM 1 hr	7:00 PM 1 hr		1:30 PM 1 hr
IRON LADIES WOMENS SELF DEFENSE	Next 4 week session begins Sat. April 1, 2017					10:00 AM 1 hr	
BOOTY BLAST BOOTCAMP Ladies Only	6:00 PM 1 hr		6:00 PM 1 hr		6:00 PM 1 hr	11:00 AM 1 hr	
KUNG FU AND KICKBOXING All levels Grp 1	7:00 PM 1 hr		7:00 PM 1 hr		8:00 PM 1 hr		2:30 PM 1 hr
KUNG FU AND KICKBOXING All levels Grp 2		8:00 PM 1 hr		8:00 PM 1 hr	8:00 PM 1 hr		2:30 PM 1 hr
BOXING / KOMBAT CONDITIONING		6:00 PM 1 hr		6:00 PM 1 hr		12:00 PM 1 hr	
SPARRING Kickboxing/MMA/Grappling	8:30 PM 45 min	9:00 PM 45 min	8:30 PM 45 min	9:00 PM 45 min	9:00 PM 45 min	12:00 PM 1 hr	
TRADITIONAL HUNG GAR FORMS & WEAPONS		8:00 PM 1 hr 30 min					11:00 AM 1 hr
MMA MIXED MARTIAL ARTS STD UP (TUES) GRND (THURS) COMB (SAT)		8:00 PM 1 hr		8:00 PM 1 hr 30 min		12:00 PM 1 hr	

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Hours of Operation:

EVENING CLASSES: Mon. - Fri 5:00 PM -10:00 pm

WEEKENDS: Sat. 10:00 am – 1:00 pm / Sun. 10:30 am - 4:00 pm

PLEASE CALL DURING BAD WEATHER TO CONFIRM CLASS WILL BE STARTING ON TIME. CHECK FACEBOOK FOR DELAYS.
TO AVOID OVERCROWDING PLEASE ATTEND ONLY THOSE CLASSES TO WHICH YOU HAVE BEEN ASSIGNED!