



# IRON DRAGON KUNG FU KICKBOXING CLUB

91 STATION STREET, UNIT 8, AJAX, ONTARIO  
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2017 SUMMER SCHEDULE – MAY 29/17 TO SEPT.18/17



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
BOOTY BLAST BOOTCAMP Ladies Only	6:00 PM 1 hr		6:00 PM 1 hr		6:00 PM 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
KUNG FU AND KICKBOXING Int. / Advanced	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			
SPARRING Kickboxing/MMA/Grappling	9:00 PM 45 min	9:00 PM 45 min	9:00 PM 45 min	9:00 PM 45 min	9:00 PM 45 min		
TRADITIONAL HUNG GAR FORMS & WEAPONS		8:00 PM 1 hr 30 min					11:00 AM 1 hr 30 min
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!