

2012 REVISED
AS OF January 2, 2012



IRON DRAGON KUNG FU KICKBOXING CLUB



91 STATION STREET, UNIT 8 , AJAX, ONTARIO
PHONE: (905) 427-7370 / EMAIL: ajaxdragon@hotmail.com / WEBSITE: www.iron-dragon.ca
FALL / WINTER / SPRING SCHEDULE - SEPTEMBER 12 TO JUNE 30

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

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
TAEKWONDO (all ages) WITH FRANK MALLEY	6:00 PM 1 hr		6:00 PM 1 hr				
L'IL DRAGONS (KIDS 4-7) GROUP 1 - Beginner to Yellow Sash	5:15 PM 45 min		5:15 PM 45 min		5:15 / 7 PM 45 min		12:30 PM 1 hr
L'IL DRAGONS (KIDS 4-7) GROUP 2 - Int. Orange Sash +	5:15 PM 45 min	5:15 PM 45 min	5:15 PM 45 min		5:15 / 7 PM 45 min		12:30 PM 1 hr
YOUNG DRAGONS (KIDS 8-13)		7:00 PM 1 hr		7:00 PM 1 hr			1:30 PM 1 hr
KICKBOXERCISE					6:00 PM 50 min		
KUNG FU AND KICKBOXING All levels Grp 1	7:00 PM 1 hr		8:15 PM 1 hr 15 min			2:00 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			2:30 PM 1 hr
KUNG FU AND KICKBOXING All levels Grp 3	1:00 PM 1 hr		1:00 PM 1 hr		1:00 PM 1 hr		
BOXING		6:00 PM 1 hr		6:00 PM 1 hr			
KUNG FU AND KICKBOXING PSYCHO BLAST 2012 EDITION	8:00 PM 1 hr 15 min		7:00 PM 1 hr 15 min		8:00 PM 1 hr 15 min		
SPARRING Kickboxing/MMA/Grappling	9:15 PM 1 hr	9:15 PM 1 hr	9:15 PM 1 hr	9:15 PM 1 hr	9:15 PM 1 hr	3:15 PM 45 min	
TRADITIONAL HUNG GAR FORMS & WEAPONS		8:00 PM 1 hr 45 min					10:30 AM 2 hr
MMA MIXED MARTIAL ARTS STD UP (TUES) GRND (THURS) COMB (SAT)		8:00 PM 1 hr		8:00 PM 1 hr 30 min		2:00 PM 2 hr	
POWER YOGA WITH NANCY EDWARDS						8:30 AM 1 hr	
SEMINAR'S - DATES TO BE ANNOUNCED							
LADIES SELF DEFENSE / SASH REQUIREMENTS / SPECIAL MATERIAL							

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Hours of Operation:

EARLY NOON CLASSES: Mon/Wed/Fri 12:45 am - 2:15 pm / EVENING CLASS: Mon. - Fri 4:45PM -10:00 pm

WEEKENDS: Sat. 1:45 pm - 4:15 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!