

# SHEFFIELD DRAGONS – DRAGONS ACADEMY – DAZZLE DANCE – WILD SPIRIT ALLSTARTS TIMETABLE

## YOUNGER CHILDREN CLASSES FROM AGE 3 YEARS OLD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.00-4.45pm <b>LITTLE DRAGONS SPORT KARATE</b>	4.15-5pm <b>LITTLE DRAGONS SPORT KARATE</b>		4.15-5pm <b>LITTLE DRAGONS SPORT KARATE</b>	4-5pm <b>TRIX N FLIPS</b> <i>(Age 4 years +)</i>	10-10.45am <b>LITTLE DRAGONS SPORT KARATE</b>	WOLD SPIRIT ALLSTARS CHEERLEADING
4.10-5pm <b>KICKBOXING</b> <i>(age 4 to 8 years)</i>	4-4.50 <b>JUNIOR BOXING</b> <i>(Age 5 to 9 years)</i>	4.10-5pm <b>KICKBOXING</b> <i>(age 4 to 8 years)</i>				WOLD SPIRIT ALLSTARS CHEERLEADING

## OLDER CHILDRENS CLASSES AGE 7 YEARS & OLDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4.10-5.00pm <b>KICKBOXING</b> <i>(Age 4 to 8 years)</i>	4-4.50 <b>JUNIOR BOXING</b> <i>(Age 5 to 9 years)</i>	4.10-5.00pm <b>KICKBOXING</b> <i>(Age 4 to 8 years)</i>		4-5pm <b>TRIX N FLIPS</b>	9-10am <b>SPORT KARATE</b>	
4.45-5.45pm <b>SPORT KARATE</b>	5.00-6.00pm <b>MUAY-THAI / K1</b>	4.30-5.30pm <b>SPORT KARATE</b>	5-6PM <b>BO STAFF WEAPONS</b>	4-6pm <b>JUNIOR SQUAD</b>		WOLD SPIRIT ALLSTARS CHEERLEADING
5.00-5.50pm <b>KICKBOXING</b> <i>(Age 9 years +)</i>	5.00 – 6.00pm <b>SPORT KARATE</b>	5-5.50pm <b>KICKBOXING</b> <i>(Age 9 years +)</i>	6-7pm <b>TRADITIONAL KARATE</b> <i>(Whole Family)</i>	5.00-6.00pm <b>MUAY-THAI</b> <i>(advanced)</i>	11-2.30pm <b>ATHLETES SQUAD</b>	WOLD SPIRIT ALLSTARS CHEERLEADING
5.45-6.45pm <b>CREATIVE FORMS</b>	<b>5-6pm</b> <b>BLADED WEAPONS</b>	5.30-6.30pm <b>TRIX N FLIPS</b> <i>(beginners)</i>	6-7pm <b>SPORT KARATE</b>	4-5.30 <b>PARTY HIRE</b>	4-5.30 <b>PARTY HIRE</b>	WOLD SPIRIT ALLSTARS CHEERLEADING
6.00-7pm <b>BOXING</b> <i>(Age 10 to 14)</i>	6.00-7.00pm <b>KARATE KATA</b>	6-7pm <b>BOXING</b> <i>(Age 10 to 14)</i>	6-7.30pm <b>TAEKWONDO</b>	6-7pm <b>SPORT KARATE</b>	6-7.30 <b>PARTY HIRE</b>	
6.45-7.45pm <b>KARATE BLK BELT</b>	7-9.00pm <b>TEAM TRAINING</b>	6.30-7.30pm <b>TRIX N FLIPS</b> <i>(advanced)</i>				
		<b>7.30-8.30pm</b> <b>MUSICAL MARTIAL ARTS</b>				



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