

Dynamic Martial Arts Class Schedule

Effective **8/3/2026**

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Lil Ninjas <i>Ages 4-5 (all belts)</i>	4:00-4:30PM	-----	4:00-4:30PM	-----	4:00-4:30PM
Ninjas Beginner <i>Ages 6-7</i>	4:30-5:00PM	-----	4:30-5:00PM	-----	4:30-5:00PM
Ninjas Int/Adv <i>Ages 6-7</i>	5:00-5:30PM	-----	5:00-5:30PM	-----	5:00-5:30PM
Beginner <i>Ages 8 & Older</i>	5:30-6:15PM	4:15-5:00PM	5:30-6:15PM	4:15-5:00PM	5:30-6:15PM
Intermediate <i>Ages 8 & Older</i>	6:15-7:00PM	5:00-5:45PM	6:15-7:00PM	5:00-5:45PM	6:15-7:00PM Sparring
Advanced & Black Belt <i>Ages 8 & Older</i>	6:15-7:00PM	5:45-7:15PM	6:15-7:00PM	5:45-7:15PM	6:15-7:00PM Sparring
Black Belt Only	-----	7:15PM-7:45PM	-----	7:15PM-7:45PM	6:15-7:00PM Sparring
Teens & Adults <i>Beginner & Intermediate</i>	7:00-7:45PM	-----	7:00-7:45PM	-----	7:00-7:45PM

Beginners=White/Orange/Yellow • Intermediate=Green/Purple/Blue • Adv=Brown/Red

T-shirts may be worn in all classes from Memorial Day until Labor Day!

All other days, please wear your full uniform unless otherwise noted.

Please keep the noise levels to a minimum while observing classes and keep an eye on small children.

Our goal is to keep you informed of any schedule changes, events, and all other Dojo happenings, so please make sure your phone number and email is up to date

Facebook: facebook.com/dmapdx

Parents & Families Group: facebook.com/groups/DMAparentsandfamilies

