

Dynamic Martial Arts Class Schedule

Effective **9/11/2023** (Rev 8.29.23)

Class	Monday	Tuesday	Wednesday	Thursday	Saturday
Lil Ninjas Ages 4-5 (all belts)	4:00-4:30PM	-----	4:00-4:30PM	-----	9:00-9:30AM
Ninjas Beginner Ages 6-7	4:30-5:00PM	-----	4:30-5:00PM	-----	9:30-10:00AM
Ninjas Int/Adv Ages 6-7	-----	5:00-5:30PM	-----	5:00-5:30PM	10:00-10:30AM
Beginner Ages 8 - 12	5:45-6:30PM	4:15-5:00PM	5:45-6:30PM	4:15-5:00PM	10:30-11:15AM
Intermediate Ages 8 - 12	5:00-5:45PM	5:30-6:15PM	5:00-5:45PM	5:30-6:15PM	11:15AM-12:00PM
Advanced Ages 8 - 12	6:30-7:15PM	7:00-7:45PM	6:30-7:15PM	7:00-7:45PM	11:15AM-12:00PM
Black Belt	-----	7:45-8:30PM	-----	7:45-8:30PM	11:15AM-12:00PM
Teens & Adults All Levels	-----	6:15-7:00PM	-----	6:15-7:00PM	-----
Specialty Classes	7:15PM-8:00PM KickFit Cardio Kickboxing Ages 13+	-----	7:15PM-8:00PM KickFit Cardio Kickboxing Ages 13+	-----	12:00PM-12:45PM Int/Adv Sparring • Weapons Special Training

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

Saturdays are T-SHIRT days!

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](https://www.facebook.com/dmapdx) (Private Page: Search for "Dynamic Parents & Families") Instagram @DMA_PDX

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