

Dynamic Martial Arts Class Schedule

Effective 2/20/2023

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	-----	5:45-6:15PM	-----	5:45-6:15PM	10:00-10:30AM
Kids Beginner Ages 8-12	5:45-6:30PM	4:15-5:00PM	5:45-6:30PM	4:15-5:00PM	10:30-11:15AM
Kids Intermediate Ages 8-12	5:00-5:45PM	5:00-5:45PM	5:00-5:45PM	5:00-5:45PM	11:15AM-12:00PM
Teens/Adults Beg/Int	7:15-8:00PM	6:15-7:00PM	7:15-8:00PM	6:15-7:00PM	10:30AM - Beg 11:15AM - Int
Advanced Ages 8 & up	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

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
Like us on Facebook at facebook.com/dmapdx and follow us on Instagram @DMA_PDX.



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