

Sun Dragon Class Schedule

effective January 7, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 - 11:30 Yoga <i>Coty</i></p>	<p>Interactive Calendar with all Updates & Events: www.sundragon.org/calendar Classes marked with * are appropriate for new students</p> <p>Juniors (Kinder - 2nd grade) Youth (3rd Grade - 15 years old) Adults (15 years old & up)</p>					<p>*10:00 - 10:45 Juniors <i>S. Laura</i></p>
			<p>12:30 - 1:30 Adults Adv. White & Up <i>K. Graham</i></p>		<p>5:30 - 6:30 Youth Black Belts <i>K. Graham</i></p> <p><i>1st & 3rd Fridays</i></p>	<p>11:00 - 12:00 Youth All Levels <i>K. Graham</i></p>
		<p>*4:00-4:45 Juniors <i>S. Laura</i></p>		<p>*4:00-4:45 Juniors <i>S. Laura</i></p>	<p>6:30 - 7:15 Adult Nidans <i>K. Graham</i></p>	<p>12:00 - 1:00 Youth Green & Up <i>K. Graham</i></p>
	<p>5:00 - 6:00 Youth Yellow & Up <i>Followed by</i> 6:00 - 6:30 Sparring Skills <i>K. Graham</i></p>	<p>*5:00 - 6:00 Youth All Levels <i>K. Graham</i></p>	<p>5:30 - 6:30 Youth Adv. Green & Up <i>K. Graham</i></p>	<p>*5:00 - 6:00 Youth All Levels <i>S. Laura</i></p>	<p>7:15 - 8:00 Adult Sandans <i>K. Graham</i></p>	<p>*1:00 - 2:00 Adult All Levels <i>K. KJ</i></p>
	<p>6:30 - 7:45 Kata & Sparring Skills Adults Blue Belt & Up <i>K. Graham</i></p> <p>7:45 - 8:15 Meditation <i>K. Graham, Coty</i></p>	<p>*6:00 - 7:00 Adult All Levels <i>K. Graham</i></p>	<p>6:30 - 7:30 Adults Yellow Belt and Up <i>Followed by</i> 7:30 - 8:15 Adv. Training Green & Up <i>K. Graham</i></p>	<p>*6:30 - 7:30 Adult All Levels <i>K. KJ</i></p>	<p><i>2nd & 4th Fridays</i></p> <p>6:30 - 7:15 Adult Sandans <i>K. Graham</i></p>	<p>2:00 - 3:00 Adult Sparring Yellow & Up <i>K. KJ, K. Graham</i></p>
		<p>7:00 - 7:30 Adv. Kata Brown & Up <i>Followed by</i> 7:30 - 8:30 Adult Black Belts <i>K. Graham</i></p>		<p>7:30 - 8:30 Adv. Adult Green & Up <i>K. KJ</i></p>	<p>7:15 - 8:00 Adult Yondans <i>K. Graham</i></p>	

Scan for Info on Rates & New Member Special

