



# WEEKLY SCHEDULE

203-312-4140  
www.langsma.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						Lil' Dragons Ages 5-6 9:00am - 9:45am
9:50 AM						Kids Class Ages 7-12 9:50am - 10:35am
10:45 PM						Teens/Adults Ages 13+ 10:45am - 11:45am
4:45 PM		Lil' Dragons Ages 5-6 4:45pm - 5:30pm		Lil' Dragons Ages 5-6 4:45pm - 5:30pm		
5:00 PM						
5:30 PM		Kids Class Ages 7-12 5:30pm - 6:15pm		Kids Class Ages 7-12 5:30pm - 6:15pm		
6:00 PM	Cage Fitness 6:00pm - 6:30pm		Cage Fitness 6:00pm - 6:30pm			
6:15 PM		Teens/Adults Ages 13+ 6:15pm - 7:15pm		Teens/Adults Ages 13+ 6:15pm - 7:15pm		

7-01-2019

Students should arrive at least 10 minutes before class time to allow for changing into uniform and light stretching.  
In case of inclement weather please visit our home page or follow us on Facebook for announcements regarding class cancellations.