

### DefenseWise Class Schedule

Mornings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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9:15 - 10:15						Adult Nia Movement Class
11:00 - 11:45						DW Dragons Ages 4-7 All ranks
11:45 - 12:30						Defense-Wise Tigers Ages 8-13
12:30 - 1:15						Adults Ages 14+
1:30 - 2:15						Tai Chi / Qigong
2:15 - 3:00						Tai Chi Form

Evenings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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5:00 - 5:45		Black Belt Class	High Rank Kids Blue Belt and above age 10+	DW Dragons Ages 4-7 White, yellow, orange belt		
6:00 - 6:45	DW Tigers White- Orange belt age 8+	DW Dragons Ages 4-7 All ranks		DW Dragons Ages 4-7 Purple belt and above		
6:00 - 7:00					Kickboxing	
6:30 - 7:30		Defense-Wise Tigers Ages 8-13	Kickboxing	Defense-Wise Tigers Ages 8-13		
7:00 - 8:15	Tranquil Flow Yoga					
7:30 - 8:30		Adults Ages 14+		Adults Ages 14+		