



TONG DRAGON MIXED MARTIAL ARTS

Visit us at WWW.TONGDRAGON.COM (732)237-2595

Professional Mixed Martial Arts Instruction for all ages since 1995



**BEGINS JAN 23RD
2012**

KIDS CLASS TIMES

LITTLE DRAGONS(AGES 4&5)

KIDS(AGES 6-9)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 - 4:30 PM Kids Beginner <i>White-Yellow</i>	4 - 4:30 PM Little Dragons	4-4:45 PM Kids Advanced <i>Green & Above</i>	4:45 - 5:30 PM Kids Advanced <i>Green & Above</i>	4-4:30 PM Kids Beginner <i>White-Yellow</i>	9 - 9:30 AM Black Belts & Candidates Test Prep
4:30-5:15 PM Kids Advanced <i>Green & Above</i>	4:30-5:15 PM Kids Advanced <i>Green & Above</i>	4:45-5:15 PM Kids Beginner <i>White-Yellow</i>	5:30 - 6 PM Little Dragons	4:30-5:15 PM Kids Advanced <i>Green & Above</i>	9:30 - 10 AM Little Dragons
5:15-6 PM Kids Advanced <i>Green & Above</i>	5:15-5:45 PM Kids Beginner <i>White-Yellow</i>	5:15-6 PM Kids Advanced <i>Green & Above</i>	6 - 6:30 PM Kids Beginner <i>White-Yellow</i>	5:15-6:15PM Kids BJJ Competition	10 - 10:30 AM Kids Beginner <i>White-Yellow</i>

**HAVE YOUR
CHILD'S
BIRTHDAY
PARTY HERE!**
Ask our Staff
for details!!!

TEEN CLASS TIMES(AGES 10-14)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6 - 6:45 PM TEEN MUAY THAI	5:45-6:30 PM TEEN MMA	6:15 - 7 PM TEEN MUAY THAI	4 - 4:45 PM TEEN MMA

10:30AM-11:15 AM Kids Advanced <i>Green & Above</i>
11:15-12:15PM Kids BJJ Competition
2:30 - 4 PM Birthday Parties

- ✓ Remain in proper area
- ✓ Please arrive 10-15 minutes prior to class time
- ✓ All jewelry must be removed prior to class

ADULT CLASS TIMES

BEGINNERS-GREY

ADVANCED-BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30PM Adult All levels <i>Brazilian Jiu Jitsu</i>	6:30-7:15 PM Adult Beginner MMA <i>Floor 1</i>	7 - 7:45 pm Adult Beginner Muay Thai <i>Floor 2</i>	6:30-7:15 PM Adult Beginner MMA <i>Floor 2</i>	5:30-6:30PM Adult All levels <i>Brazilian Jiu Jitsu</i>	11:15AM-12:15PM Adult Advanced <i>Brazilian Jiu Jitsu</i> <i>Randori</i>
7:30- 8:15PM Adult Beginner Muay Thai <i>Floor 2</i>	6:30-7:30 PM Adult Advanced MMA <i>Floor 2</i>	7 - 8 PM Adult Advanced Muay Thai <i>Floor 1</i>	6:30-7:30 PM Adult Advanced MMA <i>Floor 1</i>	6:30-7:30PM Adult All Ranks Muay Thai <i>Bags & Pads</i>	12:15PM-1:15PM Adult Advanced Muay Thai Pads
7:30-8:30PM Adult Advanced Muay Thai <i>Floor 1</i>	7:30-8:15 PM Adult Beginner Muay Thai <i>Floor 2</i>	8 - 9:30 PM Adult All levels <i>Brazilian Jiu Jitsu</i>	7:30-8:15PM Adult Beginner Muay Thai <i>Floor 2</i>	7:30-8:30 PM Adult Advanced MMA <i>Randori</i>	
8:30-9:15PM Adult Beginner MMA <i>Floor 1</i>	7:30-8:30 PM Adult Advanced Muay Thai <i>Floor 1</i>		7:30-8:30 PM Adult Advanced Muay Thai <i>Floor 1</i>		
8:30-9:30PM Adult Advanced MMA <i>Floor 2</i>	8:30-9:30 PM FIGHTERS ONLY CLASS		8:30-9:30PM FIGHTERS ONLY CLASS		
			8:30-9:15 PM Adult Kali		

- ✓ Quietly stretch and prepare for class
- ✓ Good hygiene habits are a must
- ✓ All shoes should be placed in cubbies
- ✓ Children must remain in designated areas
- ✓ No shoes on the mats
- ✓ Never disturb class in session