

Dynamic Martial Arts Class Schedule

Effective **2/7/2025**

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Lil Ninjas Ages 4-5 (all belts)	4:00-4:30PM	-----	4:00-4:30PM	-----	4:00-4:30PM
Ninjas Beginner Ages 6-7	4:30-5:00PM	-----	4:30-5:00PM	-----	4:30-5:00PM
Ninjas Int/Adv Ages 6-7	5:00-5:30PM	-----	5:00-5:30PM	-----	5:00-5:30PM
Beginner Ages 8 & Older	5:30-6:15PM	4:15-5:00PM	5:30-6:15PM	4:15-5:00PM	5:30-6:15PM
Intermediate Ages 8 & Older	6:15-7:00PM	Int & Adv 5:00-5:45PM Green & Up - Topic #1	6:15-7:00PM	Int & Adv 5:00-5:45PM Green & Up - Topic #2	6:15-7:00PM
Advanced Ages 8 & Older	6:15-7:00PM	Int & Adv 5:45-6:30PM Green & Up - Topic #2	6:15-7:00PM	Int & Adv 5:45-6:30PM Green & Up - Topic #1	6:15-7:00PM
Black Belt	-----	6:30-7:15PM	-----	6:30-7:15PM	-----
Teens & Adults Beginner & Intermediate	7:00-7:45PM	-----	7:00-7:45PM	-----	7:00-7:45PM

Beginners=White/Orange/Yellow • Intermediate=Green/Purple/Blue • Adv=Brown/Red

T-shirts may be worn in all classes from Memorial Day until Labor Day!

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

Facebook: facebook.com/dmapdx (Private Page: Search for "Dynamic Parents & Families") Instagram @DMA_PDX

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