

Schedule

STARTS SATURDAY JANUARY 3, 2026

LITTLE DRAGONS Ages 4-6

TUESDAY 4:00 PM
WEDNESDAY 4:00 PM
THURSDAY 4:00 PM
SATURDAY 10:15 AM
LD INTERMEDIATE - YELLOW BELTS
SATURDAY 11:15 AM
LD BEGINNER - WHITE BELTS
SUNDAY 9:00 AM

YOUTH Ages 7-11

TUESDAY 5:00 PM
WEDNESDAY 5:00 PM
THURSDAY 5:00 PM
SATURDAY 10:15 AM
SUNDAY 11:15 AM
FUNDAMENTALS OF GRAPPLING
SUNDAY 12:15 PM

TEEN / ADULT Ages 12+

TUESDAY 6:00 PM
THURSDAY 6:00 PM
SATURDAY 9:00 AM
SUNDAY 10:00 AM
SUNDAY 11:15 AM
FUNDAMENTALS OF GRAPPLING



CYNTHIA@DEDHAMHEALTH.COM
GUY@DEDHAMHEALTH.COM



REGISTRATION OPTIONS

Free uniform with sign up

Martial Arts Membership **\$ 150**

- Unlimited classes for your age/belt rank
- Automatic renewal
- Recommended for Youth/Teen/Adult
- Sibling/Family Discounts

8-Class Pack **\$ 200**

- Attend 8 classes for your age/belt rank
- Recommended for new Little Dragons

Private Lessons

- Individual 30-min lessons
- 10-pack, 30-min lessons
- 1-hr lessons also available

\$ 50
\$ 450



SCAN TO SCHEDULE YOUR
FREE DEMO!

