

Schedule

**** STARTS TUESDAY APRIL 7, 2026 ****

LITTLE DRAGONS Ages 4-6

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

YOUTH Ages 7-11

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

TEEN / ADULT Ages 12+

TUESDAY 6:00 PM
THURSDAY 6:00 PM
SATURDAY 9:00 AM
SUNDAY 11:00 AM
FUNDAMENTALS OF GRAPPLING
SUNDAY 12:00 PM



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!

