

Schedule

**** STARTS TUESDAY, SEPTEMBER 1, 2026 ****

LITTLE DRAGONS *Ages 4-6*

MONDAY 4:00 PM
WEDNESDAY 4:00 PM
THURSDAY 4:00 PM
SATURDAY 11:15 AM
SUNDAY 9:00 AM

YOUTH *Ages 7-11*

MONDAY 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+*

MONDAY 6:00 PM
THURSDAY 6:00 PM
SATURDAY 9:00 AM
SUNDAY 11:00 AM
SUNDAY 12:00 PM

FUNDAMENTALS OF GRAPPLING



CYNTHIA@DEDHAMHEALTH.COM
GUY@DEDHAMHEALTH.COM



DEDHAM **ACADEMY** **OF MARTIAL ARTS**

AT DEDHAM HEALTH AND ATHLETIC

ENROLL ANYTIME - 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

\$ 220

- ATTEND 8 CLASSES FOR YOUR AGE/BELT RANK
- **RECOMMENDED FOR NEW LITTLE DRAGONS**

Private Lessons

\$ 50

- INDIVIDUAL 30-MIN LESSONS
- 10-PACK, 30-MIN LESSONS
- 1-HR LESSONS ALSO AVAILABLE

\$ 450

SCAN TO SCHEDULE YOUR



FREE DEMO



FALL
2026

DEDHAM HEALTH
& Athletic Complex