

# HarmOni Martial Arts

## Rockland Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Mornings)
<b>Legendary Dragons</b> Green-Jr. Black Ages: 8-12 4:00-4:45	<b>Rising Phoenix</b> Orange-Green Ages: 8-12 4:00-4:45	<b>Legendary Dragons</b> Green-Jr. Black Ages: 8-12 4:00-4:45	<b>Rising Phoenix</b> Orange-Green Ages: 8-12 4:00-4:45	By Appointment Only	<b>Tiny Typhoons</b> Ages: 3-5 9:30-10:00
<b>Tiny Typhoons</b> Ages: 3-5 4:45-5:15	<b>Wandering Samurai</b> White-Orange Ages: 8-12 4:45-5:30	<b>Tiny Typhoons</b> Ages: 3-5 4:45-5:15	<b>Wandering Samurai</b> White-Orange Ages: 8-12 4:45-5:30	By Appointment Only	<b>Little Ninjas</b> Ages: 6&7 10:00-10:30
<b>Little Ninjas</b> Ages: 6&7 5:15-5:45	<b>Tiny Typhoons</b> Ages: 3-5 5:30-6:00	<b>Little Ninjas</b> Ages: 6&7 5:15-5:45	<b>Tiny Typhoons</b> Ages: 3-5 5:30-6:00	By Appointment Only	<b>RP/LD</b> Orange-Jr. Black Ages: 8-12 10:30-11:15
<b>Rising Phoenix</b> Orange-Green Ages: 8-12 5:45-6:30	<b>Little Ninjas</b> Ages: 6&7 6:00-6:30	<b>Rising Phoenix</b> Orange-Green Ages: 8-12 5:45-6:30	<b>Little Ninjas</b> Ages: 6&7 6:00-6:30	By Appointment Only	<b>Jr's Class</b> Green-Jr. Black Ages: 12-16 11:15-12:00
<b>Wandering Samurai</b> White-Orange Ages: 8-12 6:30-7:15	<b>Legendary Dragons</b> Green-Jr. Black Ages: 8-12 6:30-7:15	<b>Wandering Samurai</b> White-Orange Ages: 8-12 6:30-7:15	<b>Legendary Dragons</b> Green-Jr. Black Ages: 8-12 6:30-7:15	By Appointment Only	
<b>Beginner &amp; Intermediate Adults</b> Yellow-Green Ages: +14 7:15-8:05	<b>Advanced Adults Class</b> Green- Black Ages: +14 7:15-8:10	<b>Beginner &amp; Intermediate Adults</b> Yellow-Green Ages: +14 7:15-8:05	<b>Advanced Adults Class</b> Green- Black Ages: +14 7:15-8:10	By Appointment Only	<b>Introductory Lesson</b> 1 <sup>st</sup> Date: _____ Time: _____
	<b>Basic Adults</b> White-Purple Ages: +14 8:15-9:00		<b>Beginner Adults</b> White-Purple Ages: +14 8:15-9:00	By Appointment Only	<b>Introductory Lesson</b> 2 <sup>nd</sup> Date: _____ Time: _____

*Everyone's Got Internal Demons,*  
*Learn How to Train Yours*  
**Classes Subject to Change**

12 W. Water St. Rockland, MA. 02370  
 Phone: 781-878-4011  
[www.harmonima.com](http://www.harmonima.com)  
 Email: Rockland@Harmonima.com

Social Media:  
[@HarmOni\\_Martial\\_Arts](https://www.facebook.com/HarmOniRockland)