

Assistant Director
Cynthia Saul



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DEDHAM ACADEMY OF MARTIAL ARTS

AT DEDHAM HEALTH AND ATHLETIC

Director
Guy Caracciolo



Guy@dedhamhealth.com

UNLIMITED MONTHLY CLASSES

Attend as many classes as you want
for your age and belt rank

\$150



8—CLASS PACK

Attend 8 Virtual, In-Person Indoor, or Outdoor classes
of your choice for your age and belt rank

\$200



NEW UPSTAIRS STUDIO #2



OUTDOOR CLASSES ALL YEAR



STUDIO #1



ONGOING VIRTUAL CLASSES

JANUARY 2021 SCHEDULE

*SUBJECT TO CHANGE

SUNDAY

TIME	CLASS	AGE/BELT RANK	LOCATION
9:45 AM	Teen/Adult	12+ All Belt Ranks	Outdoor
11:00 AM	Little Dragons	4 - 6 yrs All Belt Ranks	Outdoor
12:00 PM	Youth	7-11 yrs All Belt Ranks	Outdoor

MONDAY

TIME	CLASS	AGE/BELT RANK	LOCATION
CLOSED			

TUESDAY

TIME	CLASS	AGE/BELT RANK	LOCATION
3:15 PM	All Levels	All	Virtual
4:15 PM	Little Dragons/Youth	4-11 yrs All Belt Ranks	Upstairs Studio
5:15 PM	Teen/Adult	12+ yrs All Belt Ranks	Upstairs Studio

WEDNESDAY

TIME	CLASS	AGE/BELT RANK	LOCATION
3:15 PM	All Levels	All	Virtual
4:15 PM	Little Dragons/Youth	4 - 11 yrs All Belt Ranks	Upstairs Studio
5:15 PM	Teen/Adult	12+ yrs All Belt Ranks	Upstairs Studio

THURSDAY

TIME	CLASS	AGE/BELT RANK	LOCATION
4:00 PM	Little Dragons/Youth	4-11 yrs All Belt Ranks	Upstairs Studio
5:00 PM	Teen/Adult	12+ yrs All Belt Ranks	Upstairs Studio
7:00 PM	All Levels	All	Virtual

- **FREE DEMO**
- **FREE UNIFORM**
with Sign-Up
- **NEW STUDENTS**
may sign up at anytime

DEDHAM HEALTH
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