



Trevose Dojo

Fall Schedule 2025

Contact us



MONDAYS

4:45-5:15p	Little Dragons
5:15-6:00p	All Stars & Kids Beginner (W/Y/O)
6:00-6:45p	Kids Intermediate (P/B/G)
6:45-7:30p	Kids Advanced (BR/R/HR/JBB)
7:30p-8:15p	Adults & Jr. BB (15+) MA

TUESDAYS

5:00-5:30p	Junior Black Belts (All Ages)
5:30-6:15p	Kids Int. & Adv. (P/B/G/BR/R/HR)
6:15-6:45p	Little Dragons
6:45-7:30p	All Stars & Kids Beginner (W/Y/O)
7:30-8:15p	Adults & Jr. Black Belts (15+) MA

WEDNESDAYS

5:00-5:30p	Little Dragons
5:30-6:00p	Kids Advanced (BR/R/HR)
6:00-6:30p	All Stars & Kids Beginner (W/Y/O)
6:30-7:00p	Kids Intermediate (P/B/G)
7:00-7:45p	Adults & Jr. Black Belts (15+) MA

THURSDAYS

5:00-6:00p	Demo Team Practice
6:00-6:30p	Junior Black Belts (All Ages)
6:30-7:15p	Kids Team Sparring
7:15-8:00p	Adult Fitness/Sparring

SATURDAYS

9:00-9:45a	Adults & Jr. Black Belts (15+) MA
10:00-10:30	Little Dragons
10:30-11:00a	All Stars & Kids Beginner (W/Y/O)
11:00-11:45a	Kids Team Sparring

Little Dragons (4+)

Monday 4:45-5:15p
Tuesday 6:15-6:45p
Wednesday 5:00-5:30p
Saturday 10:00-10:30a

Kids Team (7+)

All Stars (6+)/Beginners - W/Y/O (7+)

Monday 5:15-6:00p
Tuesday 6:45-7:30p
Wednesday 6:00-6:30p
Saturday 10:30-11:00a

Intermediate - Purple/Blue/Green

Monday 6:00-6:45p
Tuesday 5:30-6:15p
Wednesday 6:30-7:00p

Advanced - Brown/Red/High Red

Monday 6:45-7:30p
Tuesday 5:30-6:15p
Wednesday 5:30-6:00p

Junior Black Belts (All Ages)

Tuesday 5:00-5:30p
Thursday 6:00-6:30p

Kids Sparring (7 - 14 Yo)

Thursday 6:30-7:15p
Saturday 11:00-11:45a
****Must have EWK protective gear!**

Demo Team Practice

Thursday 5:00P-6:00

Adult & Jr. BB (15+)

Monday 7:30-8:15p
Tuesday 7:30-8:15p
Wednesday 7:00-7:45p
Thursday 7:15-8:00p (Fitness/Sparring)
Saturday 9:00-9:45a