



Trevose Dojo

Summer Schedule 2026

Contact us



MONDAYS

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

TUESDAYS

5:00-5:30p	Jr. Black Belts Only (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	Adult/Teen & Jr. BB (15+) MA

WEDNESDAYS

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

THURSDAYS (Sparring)

5:15-6:00p	All Stars/Kids/Jr. BB Sparring
6:00-6:30p	Jr. Black Belts Only (All Ages)
6:45-7:30p	Adult/Teen & Jr. BB (15+) Sparring

FITNESS FRIDAYS

5:15-6:00p	Kids Bootcamp (7+)
6:00-6:45p	Adult/Teen/Jr. BB (15+) Fitness
7:00-8:00p	Demo Team Practice

SATURDAYS

10:00-10:30a	Tiny Tigers
10:30-11:00a	Little Dragons
11:00-11:30a	All Stars & Kids Beginner (W/Y/O)
11:30-12:15p	All Stars/Kids/Jr. BB Sparring

Tiny Tigers (3+)

Wednesday 4:30-5:00p
Saturday 10:00-10:30a

Little Dragons (4.5+)

Monday 4:30-5:00p
Tuesday 6:15-6:45p
Wednesday 5:00-5:30p
Saturday 10:30-11:00a

Kids Team (7.5+)

All Stars/Beginners - W/Y/O

Monday 5:00-5:45p
Tuesday 6:45-7:30p
Wednesday 6:00-6:30p
Thursday 5:15-6:00p (Sparring*)
Friday 5:15-6:00p (Bootcamp)
Saturday 11:00-11:30a
Saturday 11:30-12:15p (Sparring*)

Intermediate - Purple/Blue/Green

Monday 5:45-6:30p
Tuesday 5:30-6:15p
Wednesday 6:30-7:00p
Thursday 5:15-6:00p (Sparring*)
Friday 5:15-6:00p (Bootcamp)
Saturday 11:30-12:15p (Sparring*)

Advanced - Brown/Red/High Red

Monday 5:45-6:30p
Tuesday 5:30-6:15p
Wednesday 5:30-6:00p
Thursday 5:15-6:00p (Sparring*)
Friday 5:15-6:00p (Bootcamp)
Saturday 11:30-12:15p (Sparring*)

Jr. Black Belts Only (All Ages)

Tuesday 5:00-5:30p (Katas & Skills)
Thursday 6:00-6:30p (Weapons)

Adult/Teen & Jr. BB (15+)

Monday 6:30-7:15p
Tuesday 7:30-8:15p
Wednesday 7:00-7:45p
Thursday 6:45-7:30p (Sparring*)
Friday 6:00-6:45p (Fitness Friday)

*Sparring Classes require EWK issued safety gear.