5th Element Martial Arts 2026

Monday		**Bamboo Studio**			**Dojang Studio**			**Fishbowl Studio**
				3.30-4.15P	TKD Dragonflies 4-6yrs			
				4.15-5.30P	TKD Little Dragons 7-11yrs			
				5.30-7.00P	TKD General 12yrs+			
				7.00-8.30P	Sparring 7yrs+			
Tuesday							3.30-4.00P	TKD Little Ninjas 3-4yrs
							4.00-4.45P	TKD Dragonflies 4-6yrs
							6.30-7.30P	Box/Kickboxing
							7.30-8.30P	Stretch n Strength All Ages
Wednesday								
	6.00-7.00P	Sparring 7yrs+						
Thursday				3.30-4.15P	TKD Dragonflies 4-6yrs			
				4.15-5.30P	TKD Little Dragons 7-11yrs			
				5.30-7.00P	TKD General 12 yrs +			
				7.00-8.00P	Sparring 7yrs+			
				8.00-8.30P	Patterns/ Poomsae 7yrs+			
Friday								
	4.30-5.30P	TKD Little Dragons/General 7yrs+						
	5.30-6.30P	Weapons All 7+						
Saturday	9.30-10.45	Acro/Tumbling 6yrs+					9.30-10.00A	TKD Little Ninjas 3-4yrs
							10.15-11.00A	TKD Dragonflies 4-6yrs
	11.00-12.00P	Patterns/Poomsae 7yrs+						
	12.00-1.00P	Sparring Juniors						
				1.00-2.00P	Martial Arts Tricking 7yrs +			
				2.00-3.00P	Stretch n Strength All Ages			