



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TAEKWONDO BEGINNER	5:15P-6P		5:15P-6P	5P-5:45P		9A-9:45A ALL RANKS/AGES	WEAPONS 10:15A-11:15A
TAEKWONDO INTERMEDIATE /ADVANCED	6P-7P	6:15P-7:00P ALL RANKS/AGES SPARRING	6P-7P	5:45P-6:30P		9A-9:45A ALL RANKS/AGES	
WARRIOR'S WAY						10A-12P	OPEN GYM ALL TKD STUDENTS 11:15A-12:15P
Lil WARRIORS	4:45P-5:15P		4:45P-5:15P		4:45P-5:15P		
TAEKWONDO ADULTS	7P-8P	6:15P-7:00P ALL RANK/AGES SPARRING	7P-8P	6:30P-7:15P		9A-9:45A ALL RANKS/AGES	BLACKBELT 1:30P-2:30P
FITNESS KICKBOXING	9:15A-10:15A	6A-7A 9:15A-10:15A 5P-6P 7:15-8:15	6A-7A 9:15A-10:15A	9:15A-10:15A 7:30P-8:30P	9:15A-10:15A 5:30P-6:30P 6:45P-7:45P	7:30A-8:30A	9A-10A

KICKBOXING: 6am-7am are by appointment due to lower attendance.

WEAPONS (Sunday): Open to CMX and traditional weapons; open to all ranks and ages in the Warrior's Way program.