



# CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lil WARRIORS</b>	5pm-5:30pm	NO CLASS	5pm-5:30pm	NO CLASS	5pm-5:30pm	NO CLASS	NO CLASS
<b>JUNIORS TKD</b>	5:30pm-6:15pm	5pm-6pm ALL AGE/ALL RANK	5:30pm-6:15pm	5pm-6pm	5:30pm-6:15pm	10am-11am ALL AGE/ALL RANK	NO CLASS
<b>ADULTS TKD</b>	6:15pm-7:15pm	5pm-6pm ALL AGE/ALL RANK	6:15pm-7:15pm	6pm-7pm	6:15pm-7:15pm	10am-11am ALL AGE/ALL RANK	NO CLASS
<b>FAMILY TKD</b>	3:15pm-4:15pm	3:15pm-4:15pm	3:15pm-4:15pm	3:15pm-4:15pm	3:15pm-4:15pm	NO CLASS	NO CLASS
<b>Tournament SPARRING*</b>		6pm-7pm ALL AGE/ALL RANK				11am-12pm ALL AGE/ALL RANK	2:30pm-4pm FIGHT CLUB
<b>KICKBOXING*</b>	7:15pm-8:15pm	7pm-8pm	7:15pm-8:15pm	7pm-8pm	7:15pm-8:15pm	12pm-1pm	NO CLASS
<b>WEAPONS*</b>						1pm-2pm	10am-11am
<b>KOBUDO*</b>							8am-10am

**LIL WARRIORS** (ages 3-5yrs) can ONLY attend Lil Warrior's classes.

**ADULT** = ages 13 and older

**FIGHT CLUB** for ages 7+ (unless approved)

\* KICKBOXING, WEAPONS, KOBUDO are specialty classes NOT included with basic unlimited membership. See office for membership options.

\*Proper gear/equipment is required for participation in specialty classes.

**EFFECTIVE 10/2019**

