



CLASS SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-----------------------|---|--------------------------------------|---------------------------------------|--------------------------------------|---|------------------|
| Lil WARRIORS | 4:45P-5:15P | NO CLASS | 4:45P-5:15P | NO CLASS | 4:45P-5:15P SPARRING | NO CLASS | KOBUDO 8A-10A |
| TAEKWONDO BEGINNER | 5:15P-6P | 6:15P-7:15P ALL RANKS/AGES SPARRING | 5:15P-6P | 5P-6P ALL RANKS/AGES CURRICULUM | NO CLASS | 10:15A-11:15A (CURRICULUM/ JUNIORS ONLY/ ALL RANKS) 11:30A-1P ALL AGE/RANK SPARRING | |
| TAEKWONDO INTERMEDIATE /ADVANCED | 6P-6:45P | 6:15P-7:15P ALL RANKS/AGES SPARRING | 6P-6:45P | 5P-6P ALL RANKS/AGES CURRICULUM | NO CLASS | | |
| TAEKWONDO ADULTS | 6:45P-8P | 6:15P-7:15P ALL RANKS/AGES SPARRING | 6:45P-7:30P | 5P-6P ALL RANKS/AGES CURRICULUM | 5:15P-6:15P | | |
| BLACKBELTS ONLY | | | | 6P-7:15P | | | |
| HOMESCHOOL | | 1:30P-2 (YOUNGER) 2P-2:30P (OLDER) | | | | | |
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| FITNESS KICKBOXING | 8A-9A 9:15A-10:15A | 9:15A-10:15A 5P-6P 7:30P-8:30P | 8A-9A 9:15A-10:15A 7:30P-8:30P | 9:15A-10:15A 7:30P-8:30P | 8A-9A 9:15A-10:15A 6:30P-7:30P | 9A-10A | 10:15A-11:15A |

Lil Warriors can ONLY attend Lil Warrior's classes.

Blackbelt Class open to ALL senior brown and black belts

EFFECTIVE 12/1/2017

