



CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lil WARRIORS	5-5:30P	NO CLASS	5-5:30P	NO CLASS	5-5:30P	NO CLASS	KOBUDO 8A-10A
TAKEKWONDO JUNIORS	5:30-6:30P	5P-6P ALL RANKS/AGES CURRICULUM 6-7 P SPARRING 10 UNDER	5:30-6:30P	5P-6P	5:30-6:30P ALL RANK JUNIORS CURRICULUM	10A-11A ALL AGE/RANKS CURRICULUM 11-12P SPARRING 10 UNDER	
TAEKWONDO ADULTS	6:30-8P	7-8:30P SPARRING 11 UP	6:30-8P	6-7P	6:30-7:30P	12-1P SPARRING 11 UP	
BLACKBELTS ONLY				7P-8:30P			2:30-4:30P
FAMILY TKD	3:15-4:15P			3:15-4:15P	3:15-4:15P		FIGHT CLUB
SUMMER	10A 3:15P	10A 3:15P	10A 3:15P	10A 3:15P	10A 3:15P		
FITNESS KICKBOXING	9:15A-10:15A	9:15A-10:15A	9:15A-10:15A	9:15A-10:15A	9:15A-10:15A	9A-10A	10A-11A

Lil Warriors can ONLY attend Lil Warrior's classes.

Blackbelt Class open to ALL senior brown and black belts

Adult = ages 13 and older

EFFECTIVE 07/01/2019

