

Schedule

Students may attend as many classes as they wish and vary their days of attendance at their discretion. Adults enrolled in the regular Taekwondo program may attend the kickboxing class for additional conditioning free of charge after paying the kickboxing enrollment fee.

Kids - Beginners (White - Yellow)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30	4:50	4:45	4:15	6:20	10:00 AM

Kids - (Orange - Senior Green)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:55	4:15	6:10	4:55	5:40	10:40 AM

Kids - (Purple - Senior Blue)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:45	6:00	6:40	5:30	4:35	10:40 AM

Kids - (Brown -Senior Red)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15	6:00	7:10	5:30	5:05	11:20 AM

Adults - All levels (13 and older)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 AM		10:30 AM			Noon
7:10	7:40		6:55		

Families - All levels - (Kids and Adults)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:25		7:00	

Tiny Tigers - 3's, 4's (30 min)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:25		4:15			9:30 AM

Fitness Kickboxing (Teens and Adults)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	6:40		7:45		8:30 AM

Black Belt Kids

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15	5:25	7:10	6:05	5:05	11:20 AM

Instructor Class

Thursday
6:35

Additional Summer Classes

Kids - (White - Senior Green)

Wednesday
9:00

Kids - (Purple Belt and above)

Wednesday
9:45