

## 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)

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

### Kids - (Orange - Senior Green)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:55</b>	<b>4:15</b>	<b>6:10</b>	<b>4:55</b>	<b>5:40</b>	<b>10:40 AM</b>

### Kids - (Purple - Senior Blue)

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

### Kids - (Brown -Senior Red)

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

### Adults - All levels (13 and older)

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

### Families - All levels - (Kids and Adults)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		<b>5:25</b>		<b>7:00</b>	

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:25</b>		<b>4:15</b>			<b>9:30 AM</b>

### Fitness Kickboxing (Teens and Adults)

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>8:00</b>	<b>6:40</b>		<b>7:45</b>		<b>8:30 AM</b>

### Black Belt Kids

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

### Instructor Class

<b>Thursday</b>
<b>6:35</b>

### Additional Summer Classes

#### Kids - (White - Senior Green)

<b>Wednesday</b>
<b>9:00</b>

#### Kids - (Purple Belt and above)

<b>Wednesday</b>
<b>9:45</b>