

Class Schedule

Day	Time	Class
Monday	5:30 – 6:30 5:45 – 6:45 6:30 – 7:30 7:30 – 8:30	Kids Beginner TKD Fitness Adult/Youth Beginner Intermediate Sport TKD Fighting Team TKD
Tuesday	5:30 – 6:30 6:30 – 7:30 7:30 – 8:30	Kids Beginner TKD Adult/Youth Beginner Intermediate Traditional TKD Adult/Youth Advanced Traditional TKD
Wednesday	5:30 – 6:30 5:45 – 6:45 6:30 – 7:30 7:30 – 8:30	Kids Beginner TKD Fitness Adult/Youth Beginner Intermediate Sport TKD Fighting Team TKD
Thursday	6:15 – 7:15 7:30 – 8:30	Body Sculpting Boot Camp
Friday	12:00 – 1:00	Body Sculpting
Saturday	8:15 – 9:15 am 9:15 – 9:45 am 10:00 – 11:00 am 11:00 am – 12:00 noon	Body Sculpting Boot Camp All Ages Traditional TKD Fighting Team TKD

Class types/ages may change according to Instructor.

*Sparring equipment is necessary for the 7:30 classes.