

CLASS SCHEDULE

CLASS ATTENDANCE

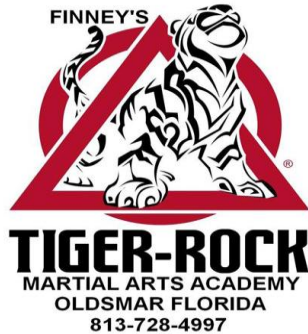
- 2 to 3 Times Weekly
- 1 Private Lesson every 6 Month

CLASS LENGTH

Juniors (3-13) 55 Minutes
 Adults (14 +) 60 Minutes

Testing Requirements

- Consistent Attendance
- Contact Skill Sheet
- Private Lessons
- Board Breaking
- Forms



Beginner Class- White, Yellow, Green, & Blue L1
 Advance- Blue L2/L3, Brown, Red & Black

Monday

5:00-6:00 Jr./Adults TKD
 5:00-6:00 Jiu-Jitsu-No Gi

Tuesday

5:00-5:55 Jr./Adults TKD
 6:00-6:50 Fitness Class
 6:00-7:00 TKD-10 and older
 7:00 -8:00 Jiu-Jitsu-No Gi
 7:00-8:00 Zumba

Wednesday

5:00-5:55 Jr./Adults TKD
 6:00-6:55 Jr./Adults TKD

Thursday

5:00-5:55 Jr./Adults TKD
 6:00-6:55 Jr./Adults TKD
 7:00-8:00 Jiu-Jitsu-Gi
 7:00-8:00 TKD- 14 and up

Friday

4:00-4:45 White thru Green
 4:15-4:50 Demo Team
 5:00 -5:45 Jr./Adults TKD
 5:00 -5:50 Gymnastic-Beginner
 6:00-7:30 Kickboxing
 6:00-7:00 Gymnastic-Advance

Saturday

10am -11am Jiu-Jitsu-Gi
 10am-1050 Fitness *13 & older
 11am-12:00 Jr./Adult TKD