

# WINTER SCHEDULE 2020



## Hours of Operation:

Monday – Thursday: (12 PM – 9:00 PM)

Saturday: (9:00 AM – 2:00 PM)

Sunday	Class times (M-F)	Monday	Tuesday	Wednesday	Thursday	Class times (Sat)	Saturday
<b>CLOSED</b>							
						9:00 – 9:45 am	PRIVATE class
						10:00 – 11:00 am	Cardio/Core Kick Fitness
	4:30 – 5:00	<b><i>New student intro</i></b>		<b><i>New student intro</i></b>		11:00 – 12:00 pm	Beginner TKD
	5:00 – 5:30 pm	Lil Tigers Taekwondo (Ages 4 & 5)	<b><i>New student intro</i></b>	Lil Tigers Taekwondo (Ages 4 & 5)	<b><i>New student intro</i></b>	12:00 – 1:30 pm	Intermediate/ Advanced TKD
	5:30 – 6:30 pm	Tournament Team Practice	Beginner TKD	Mixed Belt TKD	Beginner TKD	1:30 – 2:00 pm	Tournament Team Practice
	6:30 – 7:30 pm	Intermediate/ Advanced TKD	Intermediate TKD	Mixed Belt TKD Sparring	Intermediate TKD		
	7:30 – 8:30 pm	Cardio/Core Kick Fitness		Cardio/Core Kick Fitness			
	7:30 – 9:00 pm		Advanced TKD		Advanced TKD		
	8:30 – 9:00	Women's Self Defense					

**Beginner** – no belt, white belt, yellow belt & orange belt

**Intermediate** – green belt, blue belt & purple belt

**Advanced** – red belt, brown belt & black belt