## A.H.TAE KWON DO

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HOUR MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

PRIVATE LESSONS BY APPOINMENT ONLY, PLEASE ARRIVE 5 MINUTES EARLY BY YOUR SCHEDULE CLASS, DO NOT BRING VALUABLES, AS WE ARE NOT RESPONSIBLE FOR THEM. PLEASE SIT QUIETLY AND DO NOT DISTURB CLASS THANK YOU.

Private	Private	Private	Private		9:00-9:50AM CHILDRENS ALLBELTS
ADULTS ALL BELTS	Cardio Kickboxing	ADULTS ALL BELTS	Cardio Kickboxing	PRIVATE	10:00- 10:50AM ADULTS- JUNIORS ALL BELTS
CHILDRENS All Belts	CHILDRENS BEGIN. WHT-PUR II	CHILDRENS All Belts	CHILDRENS BEGIN. WHT-PUR II	PRIVATE	PRIVATE
CHILDRENS ADVANCED BLUE-BLACK	INTER. ORANGE- GREEN II	CHILDRENS ADVANCED BLUE-BLACK	INTER. ORANGE- GREEN II	5:15- 6:00PM COLOR BELT BOOT CAMP	1:00- 2:30(3:00)PM RED-STRIPE BOOT CAMP
FAMILY CHILDRENS ALL BELTS	BLACK BELTS ALL AGES 6:10- 7:10PM	FAMILY CHILDRENS ALL BELTS	BLACK BELTS ALL AGES 6:10- 7:10PM	6:10- 7:00PM ALL- AGES ALL BELTS	
Competition Class	JUNIORS- ADULTS ALL BELTS	Demo Class	JUNIORS- ADULTS ALL BELTS	SPECIAL EVENTS TBA	
	8:00- 10:00pm MMA Class		8:00- 10:00pm MMA Class		
	ADULTS ALL BELTS  CHILDRENS AII Belts  CHILDRENS ADVANCED BLUE-BLACK  FAMILY CHILDRENS ALL BELTS	ADULTS ALL BELTS  CHILDRENS All Belts  CHILDRENS BEGIN. WHT-PUR II  CHILDRENS ADVANCED BLUE-BLACK  FAMILY CHILDRENS ALL BELTS ALL AGES 6:10- 7:10PM  Competition Class  B:00- 10:00pm	ADULTS ALL BELTS  Cardio Kickboxing  CHILDRENS All Belts  CHILDRENS BEGIN. WHT-PUR II  CHILDRENS ADVANCED BLUE-BLACK  FAMILY CHILDRENS ALL BELTS  BLACK BELTS ALL AGES 6:10- 7:10PM  Competition Class  B:00- 10:00pm  ADULTS ALL BELTS  ALL BELTS  ALL BELTS  ALL BELTS  B:00- 10:00pm	ADULTS ALL BELTS  Cardio Kickboxing  CHILDRENS All Belts  CHILDRENS BEGIN. WHT-PUR II  CHILDRENS ADVANCED BLUE-BLACK  FAMILY CHILDRENS ALL BELTS  BLACK CHILDRENS ALL BELTS  BLACK CHILDRENS ALL BELTS  BLACK CHILDRENS ADVANCED BLUE-BLACK  BELTS ALL AGES 6:10- 7:10PM  Competition Class  B:00- 10:00pm  Cardio Kickboxing  CHILDRENS ALL BELTS  CHILDRENS AII Belts BEGIN. WHT-PUR II  CHILDRENS ADVANCED BLUE-BLACK BELTS ALL AGES 6:10- 7:10PM  Demo Class  JUNIORS- ADULTS ALL BELTS  8:00- 10:00pm	ADULTS ALL BELTS  Cardio Kickboxing  CHILDRENS All Belts  CHILDRENS All Belts  CHILDRENS BEGIN. WHT-PUR II  CHILDRENS All Belts  CHILDRENS BEGIN. WHT-PUR II  CHILDRENS ADVANCED BLUE-BLACK  GREEN II  CHILDRENS ADVANCED BLUE-BLACK  FAMILY CHILDRENS ALL BELTS ALL AGES 6:10- 7:10PM  COmpetition Class  Cardio Kickboxing  CHILDRENS All Belts BEGIN. WHT-PUR II  CHILDRENS ADVANCED BLUE-BLACK GREEN II  BOOT CAMP  6:10- 7:00PM BELTS ALL AGES 6:10- 7:10PM  COmpetition Class  BELTS ALL BELTS BEGIN. WHT-PUR II  CHILDRENS ADVANCED BREGNII BELT BELT BOOT CAMP COLOR BELT ALL BELTS BEGIN. WHT-PUR II  PRIVATE  CHILDRENS BEGIN. WHT-PUR II  BEGIN. WHT-PUR II  CHILDRENS BEGIN. WHT-PUR II  BEGIN. WHT-PUR II  CHILDRENS BEGIN. WHT-PUR II  CHILDRENS BEGIN. WHT-PUR II  CHILDRENS BEGIN. WHT-PUR II  BELTS BELT BOOT CAMP BELTS ALL BELTS BELT BOOT TOOPM STOOPM TOOPM TOOPM BELTS TBA

GAIN &PHYSICAL DISCIPLENE THROUGH A.H.T.K.D.
FULL SPARRING GEAR REQUIRED FOR SPARRING: 1-HEAD GEAR 2-CHESTPROTECTOR 3-CUP- 4ARMGEAR 5-SHINGUARD 6-MOUTHPIECE