

# A.H.TAE KWON DO

12265 Scripps Poway Pkwy #106 Poway, Ca 92064

(858)547-0080 [www.ahtkd.net](http://www.ahtkd.net)

HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b><u>PRIVATE LESSONS BY APPOINTMENT 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.</u></b>						
10:10-11:00AM	ADULTS ALL BELTS	9:30-10:30am Cardio Kickboxing	ADULTS ALL BELTS	9:30-10:30am Cardio Kickboxing		9:00-9:50AM CHILDRENS ALLBELTS
11:10-12:00PM	CHILDRENS ALLBELTS		CHILDRENS ALLBELTS		PRIVATE	10:00-10:50AM ADULTS- JUNIORS ALL BELTS
4:20-5:10PM	No Class	No Class	No Class	No Class		
5:20-6:10PM	CHILDRENS All Belts	CHILDRENS All Belts	CHILDRENS All Belts	CHILDRENS All Belts	5:15-6:00PM COLOR BELT BOOT CAMP	1:00-2:30(3:00)PM RED-STRIPE BOOT CAMP
6:20-7:10PM	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	
7:20-8:10PM	Competition Class	Teen and Adult 7:20-8:10pm	Demo Class	Teen and Adult 7:20-8:10pm	SPECIAL EVENTS TBA	
8:10-9:00PM		MMA Class		MMA Class		
<b>GAIN &amp; PHYSICAL DISCIPLINE THROUGH A.H.T.K.D. FULL SPARRING GEAR REQUIRED FOR SPARRING: 1-HEAD GEAR 2-CHESTPROTECTOR 3-CUP- 4- ARMGEAR 5-SHINGUARD 6-MOUTHPIECE</b>						

**SUMMER SCHEDULE Starts After Summer Break (No Summer Sch. For 2018)**