

A.H.TAE KWON DO

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HOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>						
8:30-9:20AM	Private	Private	Private	Private		9:00-9:50AM CHILDRENS ALLBELTS
9:30-10:20AM	ADULTS ALL BELTS	Cardio Kickboxing	ADULTS ALL BELTS	Cardio Kickboxing	Cardio Kickboxing	10:00-10:50AM ADULTS- JUNIORS ALL BELTS
4:20-5:10PM	CHILDRENS BEGIN. WHT-OR II	CHILDRENS BEGIN. WHT-OR II	CHILDRENS BEGIN. WHT-OR II	CHILDRENS BEGIN. WHT-ORII	PRIVATE	11:00AM-12:00PM Workshop Class
5:20-6:10PM	CHILDRENS ADVANCED GR - RED II	CHILDRENS ADVANCED GR - RED II	CHILDRENS ADVANCED GR - RED II	CHILDRENS ADVANCED GR - RED II	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	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		
GAIN & PHYSICAL DISCIPLINE THROUGH A.H.T.K.D. FULL SPARRING GEAR REQUIRED FOR SPARRING: 1-HEAD GEAR 2-CHESTPROTECTOR 3-CUP- 4-ARMEGEAR 5-SHINGUARD 6-MOUTHPIECE						