



Prestige Taekwondo Schedule

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual (All Levels)	2:40pm	-	2:40pm	2:40pm	-	9am
Beginner & Level 1 (White, Yellow, Orange)	3:20pm-4:00	4:10pm – 4:50pm	5:00pm – 5:40pm	3:20 – 4:00pm	4:10pm – 4:50pm	
Level 2 (Purple, Green, Blue)	4:10pm – 4:50pm	5:00pm – 5:40pm	3:20pm – 4:00pm	4:10pm – 4:50pm	5:00pm – 5:40pm	
Level 3 (Brown, Red, Sr. Red, Black)	5:00pm – 5:40pm	3:20pm – 4:00pm	4:10pm – 4:50pm		3:20pm – 4:00pm	

Jr. Sparring Team: Thursday @ 5:00pm and Saturday @ 10am
Sr. Sparring Team: Wednesday/Friday @ 6pm & Saturday @ 11am

Prestige Fitness Schedule

Class Type	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp	6am 8am 7:30pm	6am 8am 7:30pm	6am 8am 7:30pm	6am 8am 7:30pm	6am 8am	7am & 8am Bootcamp Only
Cardio Kickboxing	-	6pm	-	6pm	-	
Striking	-	7pm	-	7pm	-	
Open Gym	7am – 7:50am 9am – 12pm 8pm – 9pm				-	
Virtual Bootcamp	7am 6pm				-	