



CORE™ MARTIAL ARTS
AND FITNESS

Children's and Family Martial Art Programs

	Summer Camp TKD 5-12yrs	Pee wee TKD Class 3-5 yrs	Children's TKD Class 5-12 yrs	Family TKD Class 5yrs & up	Advanced TKD Class 7yrs & up	Sparring & Demo-team 5yrs & up	Kids BJJ Class 6yrs & up	Martial Art Birthday Parties 3yrs & up
Monday	All Belts 3:20-4:10pm	4:20-5:00pm Bldg-A	All Belts 4:20-5:10pm	All Belts 5:10-6:00pm or 6:10-7:00pm				
Tuesday	All Belts 3:20-4:10pm		All Belts 4:20-5:10pm or 5:10-6:00pm		Hi-Brown Belt & up 6:10-7:00pm	Demo-Team 7:10-7:50pm Bldg-B	Ages 6-13yrs 4:00-4:45pm & 4:45-5:30pm & 5:30-6:15pm	
Wednesday		4:20-5:00pm Bldg-A	All Belts 4:20-5:10pm	All Belts 6:10-7:00pm	Black Belt Class 5:10-6:00pm			
Thursday	All Belts 3:20-4:10pm		All Belts 4:20-5:10pm or 5:10-6:00pm		Hi-Brown Belt & up 6:10-7:00pm		Ages 6-13yrs 4:00-4:45pm & 4:45-5:30pm & 5:30-6:15pm	
Friday				All Belts 5:10-6:00pm		TKD Sparring 4:20-5:00pm Bldg-B		
Saturday		10:20-11:00am		All Belts 10:20-11:10pm & 11:20-12:10pm		TKD Sparring 12:20-1:00pm		By appt. only
Sunday								By appt. only



Adult Martial Art & Fitness Programs

	Personal Training 13yrs & up	Adult TKD Class 13yrs & up	Adult BJJ Class 13yrs & up	Aikido Class 13yrs & up	Kickboxing Class 13yrs & up	Group-Fit Classes 13yrs & up	Fit-to-Defend Boxing Class 13yrs & up	Yoga Class 13yrs & up	Women's Self Defense Class 13yrs & up
Monday	By appt. only			Bldg-A 7:30-8:30pm					
Tuesday	By appt. only		Bldg-A BJJ Fund. 6:15-7:00pm Bldg-A All Belt Level 7:45-9:00pm			Bldg-A Power Lunch 12:00-12:45pm	Bldg-A 7:15-7:45pm		
Wednesday	By appt. only		Bldg-A Open Mat 7:30-9:00am	Bldg-A 7:30-8:30pm					
Thursday	By appt. only		Bldg-A BJJ Fund. 6:15-7:00pm Bldg-A All Belt Level 7:45-9:00pm			Bldg-A Power Lunch 12:00-12:45pm	Bldg-A 7:15-7:45pm		
Friday	By appt. only				Bldg-A 6:10-7:00pm				By appt. only
Saturday	By appt. only		Bldg-A Open Mat 7:30-9:00am					Bldg-B 10:00-11:00am	By appt. only
Sunday	By appt. only		Bldg-A Open Mat 7:30-9:00am						By appt. only