



## Children's and Family Martial Art Programs

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



## 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
<b>Monday</b>	By appt. only			Bldg-A 7:30-8:30pm	Bldg-A 10:10-11:00am				
<b>Tuesday</b>	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		
<b>Wednesday</b>	By appt. only	Bldg-A 10:10-11:00am	Bldg-B Open Mat 7:30-9:00am	Bldg-A 7:30-8:30pm					
<b>Thursday</b>	By appt. only		Bldg-B 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		
<b>Friday</b>	By appt. only	Bldg-A 10:10-11:00am							By appt. only
<b>Saturday</b>	By appt. only		Bldg-A Open Mat 7:30-9:00am					Bldg-B 10:00-11:00am	By appt. only
<b>Sunday</b>	By appt. only		Bldg-A Open Mat 7:30-9:00am						By appt. only