



CORE™ MARTIAL ARTS
AND FITNESS

Children's and Family Martial Art Programs

| | Kids Club Class 5-12yrs | Pee wee TKD Class 3-5 yrs | Children's TKD Class 5-12 yrs | Family TKD Class 5yrs & up | Advanced TKD Class By rank | Sparring & Demo-team 5yrs & up | Kids BJJ Class 6yrs & up | Martial Art Birthday Parties 3yrs & up |
|------------------|--|--|--|--|---|---|---|---|
| Monday | 3:20-4:10pm | 4:20-5:00pm | 4:20-5:10pm | 5:10-6:00pm or 6:10-7:00pm | | | | |
| Tuesday | 3:20-4:10pm | | 4:20-5:10pm or 5:10-6:00pm | | Hi-Brown Belt & up 6:10-7:00pm | | Ages 6-13yrs 4:10-4:45pm & 4:45-5:30pm & 5:30-6:15pm | |
| Wednesday | 3:20-4:10pm | 4:20-5:00pm | 4:20-5:10pm | 6:10-7:00pm | Black Belt Class 5:10-6:00pm | | | |
| Thursday | 3:20-4:10pm | | 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 4:10-4:45pm & 4:45-5:30pm & 5:30-6:15pm | |
| Friday | 3:20-4:10pm | | | 5:10-6:00pm | | TKD Sparring 4:20-5:00pm | | |
| Saturday | | 10:00-10:40am | | 10:30-11:20am or 11:30-12:20pm | | TKD Sparring 12:30-1:10pm | | By appt. only |
| Sunday | | | | | | | | By appt. only |



Adult Martial Art & Fitness Programs

| | Personal Training 13yrs & up | Adult TKD Class 13yrs & up | Fit-2-Defend BJJ Class 13yrs & up | Aikido Class 13yrs & up | Kickboxing Class 13yrs & up | Group-Fit Classes 13yrs & up | Fit-2-Defend Boxing Class 13yrs & up | Women's Self Defense Class 13yrs & up |
|------------------|---|---|---|--|--|---|---|--|
| Monday | By appt. only | | | Bldg-A 7:30-8:30pm | Bldg-A 10:10-11:00am | | | |
| 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 10:10-11:00am | 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 10:10-11:00am | | | | | | By appt. only |
| Saturday | By appt. only | | Bldg-A Open Mat 8:00-9:30am | | | | | By appt. only |
| Sunday | By appt. only | | Bldg-A Open Mat 8:30-10:00am | | | | | By appt. only |