CORE™ MARTIAL ARTS AND FITNESS

Children's and Family Martial Art Programs

	Kids Club Class Call for info	Peewee TKD Class 3-5 yrs old	Children's TKD Class 5-12 yrs old	Children's TKD Class 5-12 yrs old	Family TKD Class 5 yrs & up	Advanced Class By belt rank	Sparring & Demo-Team By invitation only	Birthday Parties Call to schedule
Monday	3:15 pm	4:00-4:40pm	4:00-4:45pm	4:45-5:30pm	5:30-6:20pm & 6:30-7:20pm			
Tuesday	3:15pm		4:00-4:45pm	4:45-5:30pm		Hi-Brown Belt & up 5:30-6:20pm	TKD Sparring 9yrs & up 6:30-7:15pm	
Wednesday	3:15pm	4:00-4:40pm	4:00-4:45pm	4:45-5:30pm	6:30-7:20pm	Hi-Brown Belt & up 5:30-6:20pm		
Thursday	3:15pm		4:00-4:45pm	4:45-5:30pm		Hi-Brown Belt & up 5:30-6:20pm	Demo-Team 6:30-7:15pm	
Friday	3:15pm		4:00-4:45pm		5:30-6:20pm		TKD Sparring 5-12yrs old 4:45-5:30pm	
Saturday		9:45-10:25am			10:30-11:20am & 11:30-12:20pm		TKD Sparring All Ages 12:30-1:15pm	By Appt. Only
Sunday								By Appt. Only