



CORE™ MARTIAL ARTS
AND FITNESS

Weekly Class Schedule

	Kids Club Class Call for info	Children's TKD Class 5-12 yrs	Children's TKD Class 5-12 yrs	Pee wee & Children's TKD Class 3-7 yrs	Family TKD Class 5 yrs & up	Advanced Class By belt rank	Sparring & Demo-Team By invitation only	Adult Classes 13yrs & up	Birthday Parties Call to schedule
Monday	3:15 pm	4:00-4:45pm		4:45-5:30pm	5:30-6:20pm & 6:30-7:20pm			Aikido 7:30-8:30pm	
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	Power Lunch Fitness 11:45-12:30pm	
Wednesday	3:15pm	4:00-4:45pm	4:45-5:30pm		6:30-7:20pm	Black Belt & Deputy Belt Class 5:30-6:20pm		Adult TKD 10:30-11:20am & Aikido 7:30-8:30pm	
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	Power Lunch Fitness 11:45-12:30pm	
Friday	3:15pm	4:00-4:45pm			5:30-6:20pm		TKD Sparring 5-12yrs old 4:45-5:30pm	Kickboxing 10:30-11:20am	
Saturday				9:45-10:30am	10:30-11:20am & 11:30-12:20pm		Mixed Sparring 12yrs & up 12:30-1:15pm		By Appt. Only
Sunday									By Appt. Only

