



**CORE™** MARTIAL ARTS  
AND FITNESS

## Weekly Class Schedule

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

