



**CORE™** MARTIAL ARTS  
AND FITNESS

## Weekly Class Schedule

	<b>Peewee Class 3-5yrs</b>	<b>Children's Class</b>	<b>Children's TKD Class 5-12 yrs</b>	<b>Family/Adult TKD Class 5 yrs &amp; up</b>	<b>Advanced Class Hi-Brown Belt &amp; up</b>	<b>Sparring &amp; Demo-Team By invitation only</b>	<b>Adult Classes 13yrs &amp; up</b>	<b>Birthday Parties Call to schedule</b>
<b>Monday</b>		10-10:45am & 2:45-3:30pm	4:00-4:45pm	5:15-6:00pm & 6:30-7:15pm			<b>Aikido 7:30-8:30pm</b>	
<b>Tuesday</b>		10-10:45am & 2:45-3:30pm	4:00-4:45pm		5:15-6:00pm & 6:30-7:15pm	<b>TKD Sparring 9yrs &amp; up 7:20-8:00pm</b>	<b>Power Lunch 11:45-12:30pm</b>	
<b>Wednesday</b>	2:45-3:15pm		4:00-4:45pm	5:15-6:00pm & 6:30-7:15pm			<b>Aikido 7:30-8:30pm</b>	
<b>Thursday</b>		10-10:45am & 2:45-3:30pm	4:00-4:45pm		5:15-6:00pm & 6:30-7:15pm	<b>Demo-Team 7:20-8:00pm</b>	<b>Power Lunch 11:45-12:30pm</b>	
<b>Friday</b>	2:45-3:15pm		4:00-4:45pm	5:15-6:00pm				
<b>Saturday</b>				10:00-10:45am & 11:15-12:00pm				<b>By Appt. Only</b>
<b>Sunday</b>								<b>By Appt. Only</b>