



CORE™ MARTIAL ARTS
AND FITNESS

Weekly Class Schedule

	Kids Club Class Afterschool Club	Children's TKD Class 5-12 yrs	Family TKD Class 5 yrs & up	Advanced Class Hi-Brown Belt & up	Sparring & Demo-Team By invitation only	Adult Classes 13yrs & up	Birthday Parties Call to schedule
Monday	3:15-4:00pm & 4:00-4:45pm	4:45-5:30pm	5:30-6:15pm & 6:30-7:15pm			Aikido 7:30-8:30pm Cancelled due to restrictions	
Tuesday	3:15-4:00pm & 4:00-4:45pm	4:45-5:30pm		5:30-6:15pm & 6:30-7:15pm	Sparring 7:20-8:00pm Cancelled due to restrictions		
Wednesday	3:15-4:00pm & 4:00-4:45pm	4:45-5:30pm	5:30-6:15pm & 6:30-7:15pm			Aikido 7:30-8:30pm Cancelled due to restrictions	
Thursday	3:15-4:00pm & 4:00-4:45pm	4:45-5:30pm		5:30-6:15pm & 6:30-7:15pm	Demo-Team 7:20-8:00pm Cancelled due to restrictions		
Friday	3:15-4:00pm & 4:00-4:45pm	4:45-5:30pm	5:30-6:15pm				
Saturday			10-10:45am & 11-11:45am				By Appt. Only
Sunday							By Appt. Only