



CORE™ MARTIAL ARTS
AND FITNESS

Weekly Class Schedule

	Peewee Class Ages 3-5yrs	Children's TKD Class 5-12yrs	Family TKD Class 5yrs & up Parents Opt.	Advanced Class Hi-Brown Belt & up	Sparring & Demo-Team By invitation only	Adult Classes 13yrs & up	Birthday Parties Call to schedule
Monday		5:00-5:45pm	6:30-7:15pm	5:45-6:30pm	Sparring 7:20-8:00pm 9yrs & up		
Tuesday		5:00-5:45pm	5:45-6:30pm	6:30-7:15pm		Self Defense 7:20-8:00pm	
Wednesday		5:00-5:45pm	6:30-7:15pm	5:45-6:30pm		Kickboxing 7:20-8:00pm	
Thursday		5:00-5:45pm	5:45-6:30pm	6:30-7:15pm	Demo-Team 7:20-8:00pm		
Friday	4:15-5:00pm	5:00-5:45pm		5:45-6:30pm			
Saturday							By Appt. Only