



CORE™ MARTIAL ARTS
AND FITNESS

Weekly Class Schedule

Class Descriptions	Peewee Class Ages 3-5yrs	Children's TKD Class 5-12yrs	Family TKD Class 5yrs & up	Advanced Classes By Belt Rank	Special Classes 9yrs & up	Adult Classes 13yrs & up	Birthday Parties Call to schedule
Monday		4:30-5:15pm	6:00-6:45pm	B.B. Class Hi-Red & Up 5:15-6:00pm		Adult TKD 7:00-8:00pm	
Tuesday		4:30-5:15pm	5:15-6:00pm	Hi-Brown & Up 6:00-6:45pm	Kali Class 6:45-7:30pm	Adult Karate 7:30-8:30pm	
Wednesday		4:30-5:15pm	6:00-6:45pm	Hi-Brown & Up 5:15-6:00pm		Adult Aikido 7:30-8:30pm	
Thursday		4:30-5:15pm	5:15-6:00pm	Hi-Brown & Up 6:00-6:45pm	Kali Class 6:45-7:30pm		
Friday	4:15-5:00pm	5:00-5:45pm				Adult Karate 7:00-8:00pm	
Saturday			10-10:45am			Kickboxing 11-11:45am	By Appt. Only