



CORE™ MARTIAL ARTS
AND FITNESS

Weekly Class Schedule

Class Descriptions	Peewee Class Ages 3-6yrs	Children's TKD Classes 5-11yrs	Family Classes 5yrs & up	Advanced Classes By belt rank	Teen/Adult Martial Arts -ask for info-	Teen/Adult Fitness -ask for info-	Birthday Parties Call to schedule
Monday		4:00-4:45pm & 4:45-5:30pm	6:15-7:00pm	Hi-Brown & Up 5:30-6:15pm			
Tuesday		4:00-4:45pm & 4:45-5:30pm		Inst. Class 5:30-6:15pm Hi-Brown & Up 6:15-7:00pm	Kali Class 7:00-7:45pm Adult Karate 7:45-8:45pm	Boot Camp 11:45am- 12:30pm	
Wednesday	4:45-5:30pm	4:00-4:45pm	6:15-7:00pm	Hi-Brown & Up 5:30-6:15pm	Adult Aikido 7:00-8:00pm		
Thursday		4:00-4:45pm & 4:45-5:30pm	5:30-6:15pm	Hi-Brown & Up 6:15-7:00pm	Kali Class 7:00-7:45pm	Boot Camp 11:45am- 12:30pm	
Friday	4:15-5:00pm	5:00-5:45pm			Adult Karate 7:00-8:00pm		
Saturday			10-10:45am			Boot Camp 11:45am- 12:30pm	By Appt. Only