



CORE™ MARTIAL ARTS
AND FITNESS

Weekly Class Schedule

Class Descriptions	Kids Club TKD	Pee wee Class Ages 3-6yrs	Children's TKD Classes 6-11yrs	Family Classes 6yrs & up	Advanced Classes By belt rank	Teen/Adult Martial Arts -ask for info-	Inst./Demo Class -ask for info-	Birthday Parties Call to schedule
Monday	3:00-4:45pm		4:45-5:30pm	6:30-7:15pm	Hi-Brown & Up 5:30-6:30pm	Adult Aikido 7:15-8:15pm		
Tuesday	3:00-4:45pm		4:45-5:30pm		Hi-Brown & Up 6:15-7:15pm	Adult Karate 7:30-8:30pm	5:30-6:15pm	
Wednesday	3:00-4:45pm	4:45-5:30pm		6:30-7:15pm	Hi-Brown & Up 5:30-6:30pm	Adult Aikido 7:15-8:15pm		
Thursday	3:00-4:45pm		4:45-5:30pm	5:30-6:15pm	Hi-Brown & Up 6:15-7:15pm	Adult Ki-Box 7:15-8:15pm		
Friday	3:00-4:00pm	4:45-5:30pm	4:00-4:45pm			Adult Karate 7:00-8:00pm		
Saturday								By Appt. Only

Schedule Effective: 8/20/25