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MONDAY:

8am – 9am – WOMENS FITNESS CLASS	Ages 18 & up
3:30 – 5:30 – After School Program	Grades 1 to 12
5:30 – 6:20 – Tiny Tiger Taekwondo	Ages 3 -5 years
6:30 – 7:20 – Karate for Kids	Ages 6 – 12 years
7:30 – 8:20 – Adult Taekwondo	Ages 13 & up

TUESDAY:

3:30 – 5:00 – After School Program	Grades 1 to 12
5:00 – 5:45 - Leadership Class	All Junior & Adult Leaders
5:45 – 6:25 – Creative Forms & Weapons Class	Leadership Members
6:30 – 7:20 – ADULT FITNESS CLASS	Women & Men 16 years & up
7:30 – 8:20 – SPARRING – split class	Orange Belt rank and above

WEDNESDAY:

8am – 9am – WOMENS FITNESS CLASS	Ages 18 & up
3:30 – 5:30 – After School Program	Grades 1 to 12

THURSDAY:

3:30 – 5:30 – After School Program	Grades 1 to 12
5:30 – 6:20 – Tiny Tigers	Ages 3 to 5 years
6:30 – 7:20 –ADULT FITNESS CLASS	Women & Men 16 years & up
7:30 – 8:20 – Taekwondo KFK & ADULT	All Ranks – Ages 6 & up

FRIDAY:

8am – 9am – WOMENS FITNESS CLASS	Ages 18 & up
3:30 – 5:00 – After School Program	Grades 1 to 12
5:00 – 6:00 – Demo/Xtreme Class	Leadership Members
6:00 – 7:00 – Taekwondo KFK & ADULT	All Ranks – 6 & up
7:00 – 8:00 – WEAPONS Class	BBC – Leadership mem 6 & up

SATURDAY:

10:00am – 11:00am – Taekwondo	All Ages – All Ranks
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PRIVATE LESSONS: Will be done with Mr.Floyd. Private lessons do count as classes.