

FLOYDS TAEKWONDO CLASS SCHEDULE

Effective 7/20/2009

M	Tiny Tigers	Karate 4 Kids	Adults	Fitness Training	Black Belts	XMA	Leadership
O	5:30 - 6:00	6:00 - 7:00		8:30 - 9:00			
	Taekwondo	Taekwondo	7:00 - 7:30	ATA Fit 360			
	6:00 - 6:30	7:00 - 7:30	Combat				
	Sparring	Sparring	Weapons				
	6:30 - 7:00		7:30 - 8:30		7:30 - 8:30		
	Taekwondo		Taekwondo		Taekwondo		

T	Tiny Tigers	Karate 4 Kids	Adults	Fitness Training	Black Belts	XMA	Leadership
U	5:30 - 6:00	6:00 - 7:00					
	Taekwondo	Taekwondo					
	6:00 - 6:30	7:00 - 8:00	7:00 - 8:00	7:00 - 7:30	7:00 - 8:00		
	Weapons	Weapons	Weapons	ATA Fit 360	Weapons		
	6:30 - 7:00		8:00 - 9:00		8:00 - 9:00		
	Taekwondo		Taekwondo		Taekwondo		

W	Tiny Tigers	Karate 4 Kids	Adults	Fitness Training	Black Belts	XMA	Leadership
E	5:30 - 6:00	6:00 - 7:00	6:00 - 7:00				6:00 - 7:00
	Taekwondo	W/O/Y Belts	W/O/Y Belts				Trainee Assit
	6:00 - 6:30						7:00 - 800
	Sparring						Training
	6:30 - 7:00			8:00 - 8:30		8pm - 9	
	Taekwondo			ATA Fit 360		Forms	

T	Tiny Tigers	Karate 4 Kids	Adults	Fitness Training	Black Belts	XMA	Leadership
H	5:30 - 6:00	6:00 - 7:00					
	Taekwondo	Taekwondo					
	6:00 - 6:30		7:00 - 8:00		7:00 - 8:00		
	Weapons		Taekwondo		Taekwondo		
	6:30 - 7:00		8:00 - 9:00	8:00 - 8:30			
	Taekwondo		Sparring	ATA Fit 360			

S	Tiny Tigers	Karate 4 Kids	Adults	Fitness Training	Black Belts	XMA	Leadership
A		9 am - 10 am	9am - 10am		9am - 10am		
		Taekwondo	Taekwondo		Taekwondo		
		10am - 11am	10am - 11am		10am-11am		
T		Taekwondo	Taekwondo		Taekwondo		
		11am - 12	11am - 12	12:00 - 12:30		11am - 12	
		Weapons	Weapons	ATA Fit 360		Weapons	