



Adult Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:00 PM						
6:30 PM						
7:00 PM	Black Belts 6:30 - 7:30			Black Belts 6:30 - 7:30	TKD4Life 6:30 - 7:30	
7:30 PM	L1/L2 7:30 - 8:45		L1/L2 7:15 - 8:30	Blue Belts 6:30 - 7:30	L1/L2 6:15 - 7:30	
8:30 PM	Green Belts 7:30 - 8:45	L3 7:45 - 9:00		L3 7:30 - 8:45		
9:00 PM			Sparring 8:15 - 9:30			
						Cardio KickFit 12:00 - 12:55
						Sparring 1:00 - 2:30

TKD4Life: All

BB: Black Belts Only

L1/L2: White Belts thru Green Stripes

L3: Green Belts thru Double Black Stripe

Green Belts

Blue Belts

Adult Sparring: (L2 + L3 + BB)

Cardio Kickfit