

Little Dragon Tae Kwon Do (ages 4 - 6)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Dragons	Little Dragons 5:30 - 6:00 pm	Little Dragons 4:45 - 5:15 pm	Little Dragons 5:30 - 6:00 pm	Little Dragons 4:30 - 5:00 pm		Little Dragons 10:15 - 10:45 am

Junior Tae Kwon Do (ages 7 - 12)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginners		Beg Juniors 5:30 - 6:15 pm	Beg Juniors 4:30 - 5:15 pm	Beg Juniors 5:15 - 6:00 pm	Beg Juniors 4:45 - 5:30 pm	Beg Juniors 10:00 - 10:45 am
Intermediates	Int Juniors 5:30 - 6:15 pm	Int Juniors 4:45 - 5:30 pm		Int Juniors 4:45 - 5:30 pm	Int Juniors 5:30 - 6:15 pm	
Advanced	Adv Juniors 4:45 - 5:30 pm	Adv Juniors 5:15 - 6:00 pm	Adv Juniors 5:30 - 6:15 pm	Adv Juniors 5:45 - 6:30 pm		
Sparring		Kids Sparring 6:45 - 7:30 pm				Kids Sparring 11:00 - 11:45 pm
Masters Club		Kids Kickboxing 6:10 - 6:40 pm				

Adult Tae Kwon Do (ages 13 & up)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginners	Beg Adults 6:45 - 7:30 pm	Beg Adults 7:15 - 8:00 pm		Beg Adults 6:45 - 7:30 pm		
Intermediate & Advanced	Int & Adv Adults 7:30 - 8:15 pm	Int & Adv Adults 6:30 - 7:15 pm		Int & Adv Adults 6:00 - 6:45 pm		
Sparring			Adult Sparring 7:15 - 8:00 pm			

iLoveKickboxing (co-ed 15 & up)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Kickboxing	MORNING CLASSES BELOW					
	Kickboxing 6:00 - 6:45 AM	Kickboxing 6:00 - 6:45 AM	Kickboxing 6:00 - 6:45 AM	Kickboxing 6:00 - 6:45 AM	Kickboxing 6:00 - 6:45 AM	Kickboxing 8:30 - 9:15 AM
	Kickboxing 9:15 - 10:00 AM	Kickboxing 9:15 - 10:00 AM	Kickboxing 9:15 - 10:00 AM	Kickboxing 9:15 - 10:00 AM	Kickboxing 9:15 - 10:00 AM	
	Kickboxing 11:45 - 12:30 PM	Kickboxing 11:45 - 12:30 PM	Kickboxing 11:45 - 12:30 PM	Kickboxing 11:45 - 12:30 PM	Kickboxing 11:45 - 12:30 PM	
	EVENING CLASSES BELOW					
	Kickboxing 6:30 - 7:15 pm	Kickboxing 7:30 - 8:15 pm	Kickboxing 6:15 - 7:00 pm	Kickboxing 6:45 - 7:30 pm	Kickboxing 6:15 - 7:00 pm	
	Kickboxing 7:15 - 8:00 pm	Kickboxing 8:15 - 9:00 pm	Kickboxing 7:15 - 8:00 pm	Kickboxing 7:30 - 8:15 pm		