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| --- | --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 9:30-10:15 AM  **FIGHTFIT/KB** | 9:30-10:15 AM  **FIGHTFIT/KB** | 9:30-10:15 AM  **FIGHTFIT/KB** | 9:30-10:15 AM  **FIGHTFIT/KB** |  | 9:15-10:00 AM  **FIGHTFIT/KB** |
| 10:30- 11:15  **All Ages/ All Belts**  **TKD** |  | 10:30- 11:15  **All Ages/ All Belts**  **TKD** | 10:30- 11:15  **All Ages/ All Belts**  **TKD** |  | 10:15-10:45 AM  **AGES 3-5 TKD** |
|  |  |  |  |  | 11:15-12:00 PM **KIDS/YOUTH TKD** |
|  |  |  |  |  | **12:15 – 1:00 PM**  **KIDS/YOUTH TKD** |
| 3:10- 3:40  **3-5 yr olds**  **TKD** | 3:10- 3:40  **3-5 yr olds**  **TKD** | 3:10- 3:40  **3-5 yr olds**  **TKD** | 3:10- 3:40  **3-5 yr olds**  **TKD** | 3:10- 3:40  **3-5 yr olds**  **TKD** |  |
| 3:45- 4:30  **6-8 yr olds**  **TKD** | 3:45- 4:30  **6-8 yr olds**  **TKD** | 3:45- 4:30  **6-8 yr olds**  **TKD** | 3:45- 4:30  **6-8 yr olds**  **TKD** | 3:45- 4:30  **6-8 yr olds**  **TKD** |  |
| 4:45--5:30PM  **KIDS/YOUTH TKD** | 4:45--5:30PM  **9-13 TKD** | 4:45--5:30PM  **KIDS/YOUTH TKD** | 4:45--5:30PM  **AGES 9-13TKD** | 4:45--5:30PM  **KIDS/YOUTH TKD** |  |
| 5:45-6:30PM  **AGES 9-13 TKD** | 5:45-6:30PM  **KIDS/YOUTH TKD** | 5:45-6:30PM  **COMPETITION**  **B-TEAM ONLY** | 5:45-6:30PM  **KIDS/YOUTH TKD/SPARRING** | 5:45-6:30PM  **AGES 9-13 TKD/**  **SPARRING/**  **Black Belt Class** |  |
| 7:00-7:45PM  **FIGHTFIT/KB** | 6:45-7:30 PM  **FIGHTFIT/KB** | 7:00-7:45PM  **FIGHTFIT/KB** | 6:45-7:30 PM  **FIGHTFIT/KB** | 6:45-7:30PM  **FIGHTFIT/KB** |  |
| 8:00-9:00PM **TEEN/ADULT TKD** | **7:45-9:15PM TKD/ TEAM** | 8:00-9:00PM **TEEN/ADULT TKD/TEAM** | **7:45-9:15PM TKD/ TEAM** |  |  |

\***KIDS/YOUTH TKD AGES 6-13**

\*\***THURSDAY/FRIDAY, ONLY STUDENTS WITH SPARRING GEAR WILL SPAR. OTHERS WILL DO A REGULAR CLASS**