

HOLISTIC



MARTIAL ARTS



Schedule Eff't:
6-26-17

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Fighting... For Your Health

Master O

| MON | TUES | WED | THURS | FRI |
|---------------------------------------|---|--|--|---|
| | | | | |
| 5:00 - 5:40 7-9 yrs All Belts | 5:00 - 5:35 4-5 yrs Little Tigers (Only) | 5:00 - 5:40 4-6 yrs Little Tigers & All Belts | 5:00 - 5:40 4-6 yrs Little Tigers & All Belts | 5:00 - 5:40 4-6 yrs Little Tigers & All Belts |
| 5:45 - 6:25 10-12 yrs All Belts | 5:45 - 6:25 7-9 yrs All Belts | 5:45 - 6:25 7-9 yrs All Belts | 5:45 - 6:25 Advanced TaeKwonDo (Invite) | 5:45 - 6:25 7-9 yrs All Belts |
| 6:30 - 7:30 Teen/Adult Class | 6:30 - 7:10 Advanced TaeKwonDo (Invite) | 6:30 - 7:10 10-12 yrs All Belts | 6:30 - 7:30 Teen/Adult Class | 6:30 - 7:10 Review Friday Before Test Only |

| SAT |
|---|
| 10:00 - 11:15 Adult Stretch & Strength by Mary |
| 11:30 - 12:10 4-6 yrs Little Tigers & All Belts |
| 12:15 - 12:55 7-9 yrs All Belts |
| 1:00 - 1:40 10-12 yrs All Belts |
| 1:30 - 2:00 Test 1 2 nd Saturday of every month |
| 2:30 - 3:00 Test 2 2 nd Saturday of every month |

Note:

The Academy is closed on National Holidays, Halloween, Christmas and New Year's Eve, Friday & Saturday after Thanksgiving and **when Public Schools are closed on account of weather ONLY.**

Private Lesson/Class

Please consult Master O or Instructors Mary or Erik

Tests are the 2nd Saturday of every month.

Make-up test the following Monday at 6 PM.

OUR MOTTO:

LIVE WITHOUT FEAR... TO FIGHT THE GOOD FIGHT!