

HOLISTIC



MARTIAL ARTS



Schedule Eff't:
9-11-17

Fighting... For Your Health

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Master O

MON	TUES	WED	THURS	FRI
4:15 - 4:55 5-6 yrs All Belts (No Little Tigers)	4:15 - 4:50 4-5 yrs Little Tigers (Only)	4:15 - 4:55 4-6 yrs Little Tigers & All Belts	4:15 - 4:50 4-5 yrs Little Tigers (Only)	4:15 - 4:55 5-6 yrs All Belts (No Little Tigers)
5:00 - 5:40 7-9 yrs All Belts	5:00 - 5:40 7-9 yrs All Belts	5:00 - 5:40 7-9 yrs All Belts	5:00 - 5:40 7-9 yrs All Belts	5:00 - 5:40 7-9 yrs All Belts
5:30 - 6:00 Kids Test	5:45 - 6:25 Advanced TaeKwonDo (Invite)	5:30 - 6:00 Make-Up Test	5:45 - 6:25 Advanced TaeKwonDo (Invite)	5:45 - 6:25 10-12 yrs All Belts
5:45 - 6:25 10-12 yrs All Belts	6:30 - 7:30 Teen/Adult Class	6:45 - 7:15 Teen/Adult Make-Up Test	6:30 - 7:30 Teen/Adult Class	6:30 - 7:10 Review Friday Before Test Only
6:30 - 7:30 Teen/Adult Class	7:00 - 7:30 Teen/Adult Test			

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 Kids Test
1:45 - 2:45 Teen/Adult Class

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 occur the 2nd Saturday and Monday of every month.

OUR MOTTO:

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