



**Programs Taekwondo - Excellent Kids - Leadership - Strength Training - KickBoxing**

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Classes
						10:00am EK
						10:45 Beginner
Beginners	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	4:00-4:45	11:30 Intermediate
Intermediate	4:45-5:30	4:45-5:30	4:45-5:30	4:45-5:30	4:45-5:30 Sparring & Poomse	12:15 Advanced/Sparring Leadership
Advanced	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15	5:30-6:15 Sparring & Poomse	
Beginners	6:15-6:50	6:15-6:50	6:15-6:50	6:15-6:50	6:15-6:50 Leadership EK	2-4 pm Birthday Parties
Intermediate	6:50-7:35	6:50-7:35	6:50-7:35	6:50-7:35	6:50-7:35 Leadership	5-7pm Birthday Parties
<b>Teen/Adult Classes (Ages 13+)</b>						
Teens/ Adults	7:30 pm	7:30 pm	7:30 pm	7:30 pm Leadership	7:30 pm CIT/Leadership	
	8:00 pm BOXING	8:00 pm BOXING	8:00 pm BOXING			

	<b>CIT Instructor Training Programs - Leadership &amp; Volunteer Program</b>
	<b>Teen &amp; Adult Strength Training Programs</b>
	<b>Black Belt Training Program (Invitation Only for Colored Belts)</b>
	<b>Birthday Parties FREE for Members! \$600/ 2 hours for non-members</b>

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