TRIAD MARTIAL ARTS FAMILY TRAINING CENTER

**CLASS SCHEDULE**

**MONDAY**:

**6am – HAPKIDO** **- All Belt Levels** (13 & above)

**12pm – HAPKIDO** **- All Belt Levels** (13 & above)

**3:30pm – YOUTH TAEKWONDO – ADVANCED** “Sr. Blue, Red, Sr. Red” **& BLACK BELT LEVEL** (7-12 years old)

**4:30pm - YOUTH TAEKWONDO – NOVICE BELT LEVEL** “Sr. White, Yellow, Sr. Yellow” (7-12 years old)

**5:30pm –TAEKWONDO - FAMILY CLASS – All Belt Levels** “White Belt – Black Belt” (7 & above) K **KID TIGER - All Belt Levels** (5 & 6 years old)

**6:30pm – HAPKIDO** **- All Belt Levels** (13 & above)

**7:30pm – FITNESS KICKBOXING** (14 & above)

**TUESDAY:**

**6am – TAEKWONDO - All Belt Levels** (13 & above)

**10am – FITNESS KICKBOXING** (14 & above)

**3:30pm – TAEKWONDO - FAMILY CLASS –All Belt Levels** “White – Black Belt” (7 & above)

**4:30pm - KID DRAGON - All Belt Levels** (3 & 4 years old)

**5:30pm – YOUTH TAEKWONDO – BEGINNER, NOVICE, & INTERMEDIATE BELT LEVEL** “White- Blue Belt” (7-12 years old)

**6:30pm – YOUTH TAEKWONDO – ADVANCED** “Sr. Blue, Red, Sr. Red” **& BLACK BELT LEVEL** (7-12 years old)

**7:30pm – TAEKWONDO - All Belt Levels** (13 & above)

**WEDNESDAY**:

**6am – HAPKIDO** **- All Belt Levels** (13 & above)

**12pm – HAPKIDO** **- All Belt Levels** (13 & above)

**3:30pm – YOUTH TAEKWONDO – INTERMEDIATE BELT LEVEL** “Green, Sr. Green, Blue” (7-12 years old)

**4:30pm - YOUTH TAEKWONDO – NOVICE BELT LEVEL** “Sr. White, Yellow, Sr. Yellow” (7-12 years old)

**5:30pm – TAEKWONDO - FAMILY CLASS –All Belt Levels** “White – Black Belt” (7 & above)

**6:30pm – HAPKIDO** **- All Belt Levels** (13 & above)

**7:30pm – FITNESS KICKBOXING** (14 & above)

**THURSDAY:**

**6am – TAEKWONDO - All Belt Levels** (13 & above)

**10am** **– FITNESS KICKBOXING** (14 & above)

**3:30pm - YOUTH TAEKWONDO – NOVICE BELT LEVEL** “Sr. White, Yellow, Sr. Yellow” (7-12 years old)

**4:30pm - KID DRAGON - All Belt Levels** (3 & 4 years old)

**5:30pm – YOUTH TAEKWONDO – BEGINNER, NOVICE, & INTERMEDIATE BELT LEVEL** “White- Blue Belt” (7-12 years old)

**6:30pm – YOUTH TAEKWONDO – ADVANCED** “Sr. Blue, Red, Sr. Red” **& BLACK BELT LEVEL** (7-12 years old)

**7:30pm – TAEKWONDO - All Belt Levels** (13 & above)

**FRIDAY**:

**5:30pm –TAEKWONDO - FAMILY CLASS –All Belt Levels** “White – Black Belt” (7 & above) K **KID TIGER - All Belt Levels** (5 & 6 years old)

**6:30pm – HAPKIDO** **- All Belt Levels** (13 & above)

**7:30pm – FITNESS KICKBOXING** (14 & above)

**SATURDAY:**

**8:30am – FITNESS KICKBOXING** (14 & above) **9:45am – HAPKIDO** **- All Belt Levels** (13 & above)

**10:30am – TAEKWONDO - FAMILY CLASS –All Belt Levels** “White – Black Belt” (7 & above)

**QUICK REFERENCE:**

**KID DRAGON (3-4 years old)** – TUES. & THURS. - 4:30PM **KID TIGER (5-6 years old)** – MON. & FRI. – 5:30 PM

**YOUTH BEGINNER - WHITE BELT (7-12 years old)** – MON. 5:30 PM/ TUES. 5:30 PM/ THURS. 5:30 PM/ FRI. 5:30 PM / SAT. 10:30 AM

**YOUTH NOVICE - SR. WHITE, YELLOW, SR. YELLOW BELT** **(7-12 years old)** – MON. 4:30PM / TUES. 5:30PM / WED. 4:30PM / THURS. 3:30 PM & 5:30PM / SAT. 10:30 AM

**YOUTH INTERMEDIATE - GREEN, SR. GREEN, BLUE BELT** **(7-12 years old)** – MON. 5:30PM / TUES. 5:30PM / WED. 3:30PM & 5:30PM / THURS. 5:30PM / SAT. 10:30 AM

**YOUTH ADVANCED - SR. BLUE, RED, SR. RED BELT** **(7-12 years old)** – MON. 3:30 & 5:30PM / TUES. 6:30PM / THURS. 6:30PM / FRI. – 5:30 PM SAT.10:30 AM

**YOUTH BLACK BELT** **(7-12 years old)** – MON. 3:30 PM & 5:30PM / TUES.3:30PM & 6:30PM / THURS. 6:30PM / FRI. – 5:30 PM / SAT. 10:30 AM

**TEEN ADULT TKD - All Belt Levels** **(13 & above) –** MON. 5:30PM / TUES. 6AM & 7:30PM / WED. 5:30PM / THURS. 6AM & 7:30PM / FRI.5:30PM / SAT. 10:30 AM

**TEEN ADULT HAPKIDO - All Belt Levels** **(13 & above) –** MON. 6AM, 12PM, 6:30PM / WED. 6AM, 12PM, 6:30PM / FRI. 6:30PM / SAT. 9:45 AM

**FITNESS KICKBOXING (14 & above)** – MON. 7:30PM / TUES. 10AM / WED. 7:30PM / THURS. 10AM / FRI. 7:30PM / SAT. 8:30AM