

2012 Class Schedule

Mon	Tues	Wed	Thurs	Fri	Sat
	Adult Taekwondo 11:00-12:00 noon		Adult Taekwondo 11:00-12:00 noon		Taekwondo Ages 7 and up 10:00-11:00am
Tot's Advanced Taekwondo 5:30-6:00pm	Tot's Taekwondo 5:30-6:00pm	Tot's Taekwondo 6:00-6:30pm	Special Training 4:45-5:30pm		Sparring 11:30-1pm
Youth Beginner Taekwondo 6:15-7:15pm	Adult Taekwondo 6:15-7:30pm	Youth Advanced/Adult Taekwondo 6:45-7:45pm	Youth Advanced/Adult Taekwondo 6:00-7:15pm	Youth Beginner Taekwondo 6:00-7:00pm	
Koryo Gumdo 7:30-8:30pm	Kardio Kickboxing/Yoga 7:45-8:45pm		Koryo Gumdo 7:30-8:30pm	Youth Advanced Taekwondo 7:15-8:15pm	

