

TAEKWONDO

KIDS Ages 7 - 13

White & Gold Belt

Mon, Wed: 4:30-5:15pm

Tues, Thur: 4:30-5:15pm

Orange & Green Belt

Mon, Wed: 5:15-6:00pm

Purple & Blue Belt

Mon, Wed: 6:00-6:45pm

Sparring

Fri: 4:30-5:00pm (White and Gold Belts)

Fri: 5:00-6:15pm (Orange Belts and up)

FAMILY CLASS Ages 7 & up

All Ranks

Mon, Wed: 5:45-6:30pm

ALL AGES

Red to Black Belt

Mon, Wed: 6:45-7:45pm

Black Belt

Saturday: 10:30-11:30am

ADULT/TEEN Ages 14 & up

All Ranks

Tues, Thur: 7:35-8:35pm

Sparring All ranks

Mon: 6:45-7:30pm

TINY TIGERS

KIDS Ages 5 - 6

White belt

Mon, Wed: 4:45-5:15pm

Yellow Stripe belt

Mon, Wed: 5:15-5:45pm

MODERN ARNIS

ADULTS

All Ranks

Mon, Wed: 7:45-9:00pm, Sat: 9:30-11:00am

SHOTOKAN

ADULTS

All Ranks

Mon & Thur: Noon-12:45pm

JUDO

KIDS Ages 7 - 13

White Belt

Tues, Thur: 5:15-6:00pm Sat: 11:00-12:00pm

Yellow Belt & up

Tues, Thur: 6:00-6:45pm Sat: 11:00-12:00pm

ADULT/TEEN 14 & up

All Ranks

Tues, Thur: 6:45-7:45pm, Sat: 12:00-1:15pm

FITKICK BOOT CAMP

ADULTS

Mon, Wed: 5:30-6:30pm, Sat: 9:00-9:45pm

