



TAEKWONDO WORKS CLASS SCHEDULE

call - 723-5446

email - craig@tkdworks.com

MONDAYS

Taekwondo/MMA Class	4:30 - 5:45
Olympic Sparring Competition Team Practice:	6:00 - 7:15
Young Spartans (ages 4-5)	6:15 - 7:00
Taekwondo/MMA Class:	7:00 - 8:00

TUESDAYS

Taekwondo/MMA Class:	4:30 - 5:45
Sword Class(blue belts and above)	5:45 - 6:15
Girl Power:	6:15 - 7:15
Taekwondo Class:	6:15 - 7:15
MMA Fitness and Skills	7:00 - 8:15
FPO Adult Taekwondo Class:	7:00 - 8:30

WEDNESDAYS

Taekwondo/MMA Class	4:30 - 5:45
Olympic Sparring Competition Team Practice:	6:00 - 7:30
Taekwondo/MMA Class:	6:15 - 7:15
Taekwondo/MMA Class:	7:00 - 8:00

THURSDAYS

Women's Only Taekwondo Class	10:00am - 11:00am
Taekwondo/MMA Class	4:30 - 5:45
Girl Power:	6:15 - 7:15
Taekwondo/MMA Class:	6:15 - 7:15
MMA Fitness and Skills:	7:00 - 8:30
FPO Adult Taekwondo Class:	7:00 - 8:30

FRIDAYS

Taekwondo Class	5:30 - 6:15
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SATURDAYS

Taekwondo Class	10:00 - 11:15
Sword Class(blue belts and above)	11:20 - 11:45
Advanced Taekwondo Class (Blue and Above)	11:45 - 12:45

Check out our new classes! **Young Spartans** is martial arts and so much more! Designed for young kids. We will teach them basic martial arts, great athletic development skills and lots of FUN!

Mixed Martial Arts Fitness and Skills Class - learn the skills and techniques while being pushed physically. For all levels of fitness and skills. You will learn the skills without having to step into the cage!

