



TAEKWONDO WORKS CLASS SCHEDULE

call - 723-5446

email - craig@tkdworks.com

only \$105 per month - NO CONTRACTS! - Ask about our Family Rates

MONDAYS

Taekwondo and jujitsu Class	4:30 - 5:45
Young Spartans (4 - 5 yr. olds)	6:15 - 7:00
Olympic Sparring Competition Team Practice:	6:00 - 7:30
TKD/MMA Class	7:15 - 8:15

TUESDAYS

Taekwondo and Jujitsu Class	4:30 - 5:45
Girl Power:	6:15 - 7:15
Taekwondo Class:	6:15 - 7:15
FPO Adult Taekwondo Class:	7:00 - 8:30

WEDNESDAYS

Taekwondo and Jujitsu Class	4:30 - 5:45
Olympic Sparring Competition Team Practice:	6:00 - 7:30
MMA Night in Mechanicsville	6:30 - 8:00

THURSDAYS

Taekwondo Class	10:00 - 11:00
Taekwondo and Jujitsu Class	4:30 - 5:45
Girl Power:	6:15 - 7:15
Taekwondo/MMA Class:	6:15 - 7:15
FPO Adult Taekwondo Class:	7:00 - 8:30

FRIDAYS

Olympic Sparring Competition Team Practice:	6:00 - 7:30
Taekwondo and Jujitsu Class	5:30 - 6:15

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