



## TAEKWONDO WORKS **SUMMER** CLASS SCHEDULE

call - 723-5446

email - [craig@tkdworks.com](mailto:craig@tkdworks.com)

### MONDAYS

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

### TUESDAYS

Taekwondo Class:	11:30 - 12:30
Sword Class(blue belts and above)	5:45 - 6:15
Girl Power:	6:15 - 7:15
Taekwondo Class:	6:15 - 7:15
FPO Adult Taekwondo Class:	7:00 - 8:30

### WEDNESDAYS

Olympic Sparring Competition Team Practice:	6:00 - 7:30
MMA Training - for 12 and up	7:00 - 8:30

### THURSDAYS

Women's Only Taekwondo Class	9:45am - 11:00am
Taekwondo Class:	11:30 - 12:30
Girl Power:	6:15 - 7:15
Taekwondo Class:	6:15 - 7:15
FPO Adult Taekwondo Class:	7:00 - 8:30

### FRIDAYS

Taekwondo 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

