



## TAEKWONDO WORKS CLASS SCHEDULE

call - 723-5446

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

### MONDAYS

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

### 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
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
<b>MMA Night in Mechanicsville:</b>	6:15 - 7:15
Taekwondo/MMA Class:	7:30 - 8:15

### 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
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

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!

