



TAEKWONDO WORKS CLASS SCHEDULE

call - 723-5446

email - craig@tkdworks.com

MONDAYS

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

TUESDAYS

Taekwondo Class/Grappling	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:	7:15 - 8:30

WEDNESDAYS

Taekwondo Class/Grappling	4:30 - 5:45
Olympic Sparring Competition Team Practice:	6:00 - 7:30
Taekwondo Class:	6:15 - 7:15
MMA Night In Mechanicsville (12 and above)	7:00 - 8:15
Taekwondo Class:	7:15 - 8:00

THURSDAYS

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

FRIDAYS

Taekwondo/Grappling Class	5:30 - 6:15
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SATURDAYS

Taekwondo Class	10:30 - 11:15
Sword Class(blue belts and above)	11:20 - 11:45
Advanced Taekwondo Class (Blue and Above)	11:45 - 12:45

