

Studio A	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Kickboxing MMA Fitness 11:00am-12pm			Kickboxing MMA Fitness 11:00am-12pm	
	Ages 6 - 7 Big Tigers 5:00-5:30pm	Ages 3 - 5 Little Tigers 5:30-6:00pm	Ages 6 - 7 Big Tigers 5:00-5:30pm	Ages 3 - 5 Little Tigers 5:30-6:00pm	Advanced Class By Invitation Only 5:30-6:30pm	
	Youth - Beginner Traditional Taekwondo 5:30-6:15pm	Youth - Beginner Traditional/ Forms 6:00-6:45pm	Youth - Beginner Traditional/ Forms 5:30-6:15pm	Youth - Beginner Traditional/ Forms 6:00-6:45pm	Black Belt Club Extreme By Invitation Only 6:30-7:30pm	
	Youth – Int/Adv Traditional Taekwondo 6:15-7:00pm	Adults / Teams Olympic Style Sparring 6:45-7:45pm	Youth – Int/Adv Traditional Taekwondo 6:15-7:00pm	All Ages / Teams Olympic Style Sparring 6:45-7:45pm		
	Adults & Teens Traditional Taekwondo 7:00-7:45pm		Adults & Teens Traditional Taekwondo 7:00-7:45pm			
	Kickboxing MMA Fitness 7:45-8:45pm		Kickboxing MMA Fitness 7:45-8:45pm			

Studio B	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Olympic Team Training Junior Team 6:15-7:00pm	Olympic Team Training 6:00-6:45pm		Olympic Team Training 6:00-6:45pm		
Olympic Team Training Senior Team 7:00-7:45pm	Hatha Yoga with Clare 7:00-8:00pm		Hatha Yoga with Clare 7:00-8:00pm			