



Effective February 1, 2012

Times include transition between classes.

TAEKWONDO

Beginner Kids (White - Gold)
Mon, Wed: 4:30-5:15pm, Fri: 4:30-5:00pm

Beginner Kids (White - Gold)
Tues, Thur: 4:30-5:15pm, Fri: 4:30-5:00pm

Intermediate Kids (Green - Blue)
Mon, Wed: 5:15-6:00pm, Fri: 5:00-5:30pm

Kids Sparring (Green and up)
Fri: 5:30-6:15pm

Adults (All ranks)
Tues, Thur: 7:30-8:30pm

Advanced Class (Red - Black, all ages)
Mon, Wed: 6:40-7:40pm

Advanced Techniques (All ages, all ranks)
Mon, Wed: 6:00-6:40pm

Black Belts (1st degree and up Black, all ages)
Saturday: 10:30-11:30am

TINY TIGERS

Tiny Tigers Ages 4 - 6, White belt
Mon, Wed: 5:05-5:35pm

Tiny Tigers Ages 4 - 6, Yellow & Orange Stripe
Mon, Wed: 4:30-5:00pm

Tiny Tigers Ages 4 - 6, White belt
Tues, Thur: 5:00-5:30pm

Tiny Tigers Ages 4 - 6, Yellow & Orange Stripe
Tues, Thur: 4:30-5:00pm

AEROBIC KICKBOXING

Adults
Mon - Fri: 5:35-6:35pm
Mon, Wed, Fri: 10:00-11:00am

TAI CHI

Tuesday: 12:00-1:00pm

JUDO

Kids Judo
Tues, Thur: 5:15-6:15pm Sat: 11:00-12:00pm

Adult Judo (13 and up)
Tues, Thur: 6:15-7:30pm, Sat: 12:00-1:15pm

MODERN ARNIS

Adults (13 and up, all ranks)
Mon, Wed: 7:45-9:00pm, Sat: 9:30-11:00am

KUNG FU

All levels (Yau-Man style Kung Fu w/Taichi practice)
Mon: 7:00-8:00pm, Fri: 7:00-9:00pm

Tai Chi All Levels (Yau-Man style)
Mon & Thur: 11:00am

Yoga
Thur: 9:30-11:00am