



# Class Schedule



*We've added extra classes!*



## Kid's TaeKwonDo (ages 5 - 10)

- Tuesdays: 4:45pm to 5:30pm Beginner A
- 5:30pm to 6:15pm Beginner B
- 6:30pm to 7:30pm Intermediate & Advanced
- Wednesdays: 5pm to 6pm Beginner
- Thursdays: 4:45pm to 5:30pm Beginner A
- 5:30pm to 6:15pm Beginner B
- 6:30pm to 7:30pm Intermediate & Advanced
- Fridays: 5pm to 6pm Intermediate & Advanced

## Aikido

- Mondays: 6pm to 7pm Beginner
- 6pm to 7:30pm Intermediate / Advanced
- Wednesdays: 7pm to 8pm Mixed
- Fridays: 6pm to 7pm Beginner
- 7pm to 8pm Intermediate & Advanced

## Adult/Teen TaeKwonDo

- Tuesdays: 6:30pm to 7:30pm
- Wednesdays: 5pm to 6pm Mixed
- Thursdays: 6:30pm to 7:30pm
- Fridays: 5pm to 6pm

## Pentjak Silat

- Mondays: 6pm to 7pm
- Wednesdays: 6pm to 7:30pm
- Saturdays: 2pm to 3:30pm

## Tai Chi Chuan

- Mondays: 5pm to 6pm
- Wednesdays: 5pm to 6pm
- Saturdays: 1pm to 2pm

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