



POST COVID-19 CLASS SCHEDULE

October 5 – November 25, 2020

MAIN FLOOR CLASSES		
Enter and Leave at the Front of the Building Only		
MONDAY		
JR. TKD Camo-Purple		5:00-5:30PM
JR. TKD Wht - Yellow		5:45-6:15PM
Black Belts & Ldrs		6:30-7:00PM
TKD Teens/Adults		7:15-7:45PM
TUESDAY		
<i>Gracie Combatives</i>		11:00-11:45AM
<i>Gracie Master Cycle</i>		12:00-12:45PM
<i>JR. Grapplers/Bullyproof</i>		5:00-5:30PM
Strikefit-All students age 12+		5:45-6:15PM
Women Empowered		6:30-7:15PM
<i>Gracie Master Cycle</i>		6:30-7:15PM
<i>Gracie Combatives</i>		7:30-8:15PM
WEDNESDAY		
JR. TKD Wht - Yellow		5:00-5:30PM
<i>JR. Grapplers/Bullyproof</i>		5:45-6:15PM
Strikefit-All students age 12+		6:30-7:00PM
THURSDAY		
<i>Gracie Master Cycle</i>		11:00-11:45AM
<i>Gracie Combatives</i>		12:00-12:45PM
JR. TKD Blue-Red		5:00-5:30PM
JR. TKD Camo-Purple		5:45-6:15PM
TKD Teens/Adults		6:30-7:00PM
Black Belts, Leaders & Legacy		7:15-8:00PM
FRIDAY		
<i>JR.. Grapplers/Bullyproof</i>		5:30-6:00PM
<i>Gracie Combatives</i>		6:15-7:00PM
<i>Gracie Master Cycle</i>		7:15-8:00PM
SATURDAY		
Strikefit-All students age 12+		8:00-8:45AM

BACK FLOOR CLASSES		
Enter and Leave at the Back of the Building Only		
MONDAY		
<i>Tigers White - Baeoh</i>		5:00-5:30PM
Tigers Yellow – Adv.		5:45-6:15PM
<i>JR. TKD Blue - Red.</i>		6:30-7:00PM
TUESDAY		
WEDNESDAY		
<i>Tigers All Ranks</i>		5:45-6:15PM
JR. TKD Camo - Purple		6:30 – 7:00PM
THURSDAY		
Tigers Yellow-Adv.		5:00-5:30PM
<i>Tigers White-Baeoh</i>		5:45-6:15PM
<i>JR. TKD White - Yellow</i>		6:30-7:00PM
FRIDAY		
SATURDAY		

Please come dressed for class. Bring your own water bottle. *Beginner Classes*