



## TAEKWONDO

### Class Schedule Revised May 21, 2019



	REGULAR CLASS SCHEDULE				ALTERNATE	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TAEKWONDO</b>						
<b>TIGERS 4 - 7</b>						
Beginners: White		5:15-5:45 PM		6:15-6:45 PM		10:30-11:00 AM
Ara - Baeoh (Adv. White - Adv. Orange)		5:45-6:15 PM		5:45-6:15 PM		10:30-11:00 AM
Cheeri - Raon (Yellow - Camo)		6:15-6:45 PM		5:15-5:45 PM		10:00-10:30 AM
<b>JUNIORS 7-13</b>						
Beginners: White-Yellow	4:30-5:15 PM	5:15-6:00 PM		6:00-6:45 PM		11:00-11:45 AM Family Class
Adv: Camo - Red	5:15-6:00 PM	6:00-6:45 PM		4:30-5:15 PM	5:30-6:15 PM	11:45-12:30 AM Family Class
Black Belts	7:10-8:00 PM	7:50-8:40 PM		6:45-7:35PM	6:15-7:00 PM HYPER Class	
<b>TEENS/ADULTS 13+</b>						
Adult Color Belt (White-Red)	6:15-7:00 PM		6:45-7:30 PM		7:00-7:45PM	10:00-10:50 AM
Leadership Team / Black Belts		4:30-5:15 PM	5:15-6:00 PM	5:15-6:00 PM	6:15-7:00 PM HYPER CLASS	
	7:10-8:00 PM	7:50-8:40 PM		6:45-7:35PM	7:00-7:45PM	12:30-1:15 PM
<b>EXCEL LEGACY</b>				7:45-8:30 PM	6:15-7:00 PM HYPER Class	



**JIU JITSU & KICKBOXING**  
Class Schedule Revised May 21, 2019



GRACIE JIU JITSU	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>JUNIORS</b>						
Jr. Grapplers/Bullyproof: 8 - 15	5:30-6:15 PM		6:00-6:45 PM			11:15-12:00 PM
Advanced Bullyproof					4:45-5:30 PM	
<b>TEENS/ADULTS 16+</b>						
Women Only: Gracie Combatives		6:45-7:45 PM				12:15-1:15 PM
Gracie Combatives		11:00-12:00 PM		1:00-2:00 PM <b>RD</b>		10:00-11:00 AM
	7:00-8:00 PM	6:45-7:45 PM	7:30-8:30 PM	6:45-7:45 PM <b>RD</b>		
Gracie Master Cycle				12:00-1:00 PM		11:00-12:00 PM
	8:00-9:00 PM		8:30-9:30 PM	8:30-9:30 PM No Gi Fight Sim.		
<b>STRIKEFIT</b>						
Teens/Adults			6:00-6:45 PM			9:00-9:50 AM