

MONDAY				5.00 - 5.45 p.m. TKD Kids (Dragons) All abilities 5-8 yrs		6.00 p.m. - 7.00 p.m. Jr TAEKWON-DO Beginners & Intermediate 8-12 yrs	7.00 p.m. - 8.00 p.m. TKD SPARRING/ KOREAN KICKBOXING (TEENS) All abilities	8.00 p.m. – 9.00 p.m. TKD KOREAN KICKBOXING (ADULTS/TEENS ONLY) All abilities
TUESDAY				5.00 - 5.45 p.m. TKD Kids (Dragons) All abilities 5-8 yrs		6.00 p.m. - 7.00 p.m. Jr TAEKWON-DO Beginners & Intermediate 8-12 yrs	7.00 p.m. - 8.00 p.m. Jr TAEKWON-DO Advanced 12-16 yrs	8.00 p.m. – 9.00 p.m. ADULT TRADITIONAL TAEKWON-DO Beginners/Intermediate
WEDNESDAY			New classes starting soon	New classes starting soon		6.00pm -7.00 p.m. SPARRING/ TKDKOREAN KICKBOXING Intermediate (8-12 yrs)	7.00 p.m. - 8.00 p.m. Jr TAEKWON-DO Advanced 12 -16 yrs	8.00 p.m. – 9.30 p.m. ADULT TRADITIONAL TAEKWON-DO Intermediate/Advanced
THURSDAY				5.00 - 5.45 p.m. TKD Kids (Dragons) All abilities 5-8 yrs		6.00 – 7.00 p.m. Jr TAEKWON-DO Beginners/Intermediate 8-12 year old	7.00 p.m. - 8.00 p.m. TKD JUNIOR KOREAN KICKBOXING Advanced (10-14 YRS)	8.00 p.m. – 9.00 p.m. ADULT TRADITIONAL TAEKWON-DO Beginners/Intermediate
FRIDAY						6.00 pm-7.00 pm TKD Sparring/KOREAN KICKBOXING (5-8 yrs)	7.00 p.m. – 8.00 p.m. CARDIO TKD (ADULTS ONLY) Intermediate/Advanced	
SATURDAY	<p>ALL DAY SOMETIMES TAKEN WITH BIRTHDAY PARTIES/BLACK BELT GRADINGS/SEMINARS/OTHER EVENTS AS ARRANGED</p> <p>DAY SOMETIMES AVAILABLE FOR KIDS MARTIAL ARTS PARTIES</p>							
SUNDAY	10am – 11am Beginners Adults TKD	2.30-3.15p.m. TKD Kids (Dragons) 4-5 years	3.30 - 4.15p.m. TKD Kids (Dragons) 6-7 year old	4.30 - 5.15 p.m. TKD Kids 7-9 yrs (Advanced)	5.30-6.30pm Jr TAEKWON-DO 8-10 yrs Beg/Intermed.	6.30. - 7.30pm Jr TAEKWON-DO 10-12 yrs Intermed/Advanced	7.30pm-9.00pm Adults/Teens TAEKWON-DO RED AND BLACK BELT TRAINING	