













SOME CLASSES REQUIRE MINIMUM NUMBERS TO RUN

MOST CLASSES INVOLVE SOME CONTROLLED CONTACT

Time

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.00 pm				LITTLE WARRIORS TAE KWON-DO BASIC SKILLS AGES 5-6 YEARS  5:00-5:55PM			
5.15 pm							
5.30 pm							
5.45 pm							
6.00 pm			JUNIOR TAE KWON-DO AGES 7-12 YEARS  6:00-6:55PM	SENIOR TAEKWONDO FOR ALL THOSE WHO WILL BENEFIT FROM LOW IMPACT TAE KWON-DO.  6:00-6:55PM	JUNIOR TAE KWON-DO AGES 7-12 YEARS  6:00-6:55PM		
6.15 pm							
6.30 pm							
6.45 pm							
7.00 pm			TAE KWON-DO FOR ADULTS & YOUTH 13 YEARS & UP.  7:00-7:55PM	SELF DEFENCE JOIN ANY TIME ROTATIONAL FOR BEGINNERS & EXPERIENCED.  7:00-7:55PM	TAE KWON-DO FOR ADULTS & YOUTH 13 YEARS & UP.  7:00-7:55PM		
7.15 pm							
7.30 pm							
7.45 pm							
8.00 pm			KICKBOXING MEN & WOMEN 13+ SKILLS, DRILLS SAFETY CONSCIOUS LIGHT TRAINING.  8:00-9:00PM	LADIES KICKBOXING LADIES ONLY 13+ SKILLS, DRILLS & LIGHT SPARRING.  8:00-9:00PM	KICKBOXING MEN & WOMEN 13+ SKILLS, DRILLS SAFETY CONSCIOUS LIGHT TRAINING.  8:00-9:00PM		
8.15 pm							
8.30 pm							
8.45 pm							
9.00 pm							
9.15 pm							
9.30 pm							