

Frontier Martial Arts Schedule

Time	MON	TUE	WED	THU	FRI	Time	SAT *
Tigers (3-6 Years Old)							
4:00 PM	Youn Wha Tigers & All Levels		Youn Wha Tigers & All Levels			9:30 AM	Youn Wha Tigers & All Levels
5:00 PM	Tigers 3-4 Years Old	Tigers 5-6 Years Old	Tigers 3-4 Years Old	Tigers 5-6 Years Old		1:00 PM	Reserved for Birthday/Pizza Party
5:30 PM	Tigers 5-6 Years Old	Tigers Green and Up	Tigers 5-6 Years Old	Tigers Green and Up	Test Review (day before testing)	3:00 PM	Reserved for Birthday/Pizza Party
6:00 PM	Tigers 5-6 Years Old		Tigers 5-6 Years Old				* No class 1st Sat of the month due to Promotions
6:30 PM	Tigers Green and Up	Tigers 5-6 Years Old	Tigers Green and Up	Tigers 5-6 Years Old			
Youn Wha (Tae Kwon Do) ~ Beginners							
4:00 PM	Youn Wha Tigers & All Levels		Youn Wha Tigers & All Levels			9:30 AM	Youn Wha Tigers & All Levels
5:00 PM	White Belts Fundamentals	White Belts Fundamentals	White Belts Fundamentals	White Belts Fundamentals		10:15 AM	Sparring
5:30 PM	Youn Wha Beginner		Youn Wha Beginner		Test Review (day before testing)	1:00 PM	Reserved for Birthday/Pizza Party
6:30 PM		Youn Wha Beginner		Youn Wha Beginner		3:00 PM	Reserved for Birthday/Pizza Party
7:15 PM		Sparring (ends at 7:45)	Sparring (ends at 7:45)				* No class 1st Sat of the month due to Promotions

Frontier Martial Arts Schedule

Time	MON	TUE	WED	THU	FRI	Time	SAT *
Youn Wha (Tae Kwon Do) ~ Intermediate & Advanced							
4:00 PM	Youn Wha Tigers & All Levels		Youn Wha Tigers & All Levels			9:00 AM	Weapons Green and Up
5:30 PM		Youn Wha Intermediate		Youn Wha Intermediate	Test Review (day before testing)	9:30 AM	Youn Wha Tigers & All Levels
6:30 PM	Youn Wha Intermediate		Youn Wha Intermediate			10:15 AM	Sparring
7:15 PM	Youn Wha Advanced	Sparring (ends at 7:45)	Sparring (ends at 7:45)				* No class 1st Sat of the month due to Promotions
Jiu Jitsu and Muay Thai (Kickboxing)							
5:00 PM		Muy Thai 8 & Up		Muy Thai 8 & Up			
6:00 PM		BJJ 8 & Up		BJJ 8 & Up			
Krav Maga (Self Defense)							
11:30 AM			Krav Maga Adults (12+)		Krav Maga Adults (12+)		
7:30 PM		Krav Maga Adults (12+)		Krav Maga Adults (12+)			
By Appt	Private Lessons with an Instructor or Master Jeff are available upon request. Contact Master Jeff to schedule a private lesson. Cost is \$25 (\$50 for Master) for 30 minutes.						