

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 White-Yellow	Tigers White-Yellow	Tigers White-Yellow	Tigers White-Yellow		1:00 PM	Reserved for Birthday/Pizza Party
5:30 PM	Tigers Green and Up	Tigers White-Yellow	Tigers Green and Up	Tigers White-Yellow		3:00 PM	Reserved for Birthday/Pizza Party
6:00 PM	Tigers Trial Only	Tigers Trial Only	Tigers Trial Only	Tigers Trial Only			* No class 1st Sat of the month due to Promotions
6:30 PM	Tigers White-Yellow	Tigers Green and Up	Tigers White-Yellow	Tigers Green and Up			
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		10:30 AM	Sparring
5:30 PM	Youn Wha Beginner		Youn Wha Beginner			1:00 PM	Reserved for Birthday/Pizza Party
6:00 PM	Youn Wha Trial Only	Youn Wha Trial Only	Youn Wha Trial Only	Youn Wha Trial Only		3:00 PM	Reserved for Birthday/Pizza Party
6:30 PM		Youn Wha Beginner		Youn Wha Beginner			* No class 1st Sat of the month due to Promotions
7:15 PM		Exchange Sparring (ends at 7:45)					

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		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		Free Sparring (ends at 7:45)				* No class 1st Sat of the month due to Promotions
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	<p>Private Lessons with an Instructor or Master Booker are available upon request. Contact Master Booker to schedule a private lesson. Cost is \$25 (\$50 for Master) for 30 minutes.</p>						