

CLASS SCHEDULE

Effective 8/1/20	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WHITE/YELLOW/GREEN KIDS TAEKWONDO	6:15pm- 7:00pm	6:15pm- 7:00pm	6:15pm- 7:00pm	6:15pm- 7:00pm	5:00pm- 5:45pm <i>REMOTE ONLY</i>	10:00am- 10:45am <i>LIVE ONLY</i>
BLUE/BROWN/RED/BLACK KIDS TAEKWONDO	5:30pm- 6:15pm	5:30pm- 6:15pm	5:30pm- 6:15pm	5:30pm- 6:15pm	5:45pm- 6:30pm <i>REMOTE ONLY</i>	
ALL RANKS YOUNG ADULT TAEKWONDO	7:45pm- 8:30pm	7:45pm- 8:30pm	7:45pm- 8:30pm	7:45pm- 8:30pm	6:30pm- 7:00pm <i>REMOTE ONLY</i>	
ALL RANKS ADULT	8:30pm- 9:15pm	8:30pm- 9:15pm	8:30pm- 9:15pm	8:30pm- 9:15pm		
COMPETITION TEAM	L2 3:30pm- 5:30pm		L2 3:30pm-5:30pm			L2 11:00am- 3:00pm
	L1 4:30pm- 5:30pm		L1 4:30pm-5:30pm			L1 11:00am- 1:00pm
CARDIO KICKBOXING	9:00am- 9:45am	7:00pm- 7:45pm	9:00am- 9:45am	7:00pm- 7:45pm	9:00am- 9:45am	SAT/SUN 9-9:45am (Remote Only)
	7:00pm- 7:45pm		7:00pm- 7:45pm			



****All classes Live & Remote unless listed otherwise****
FASTKIX TAEKWONDO & KICKBOXING
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