

FASTKIX TAEKWONDO & KICKBOXING

CLASS SCHEDULE - MATAWAN

Effective December 1, 2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI-MASTERS Age 3 & 4		5:15 pm- 5:45 pm		5:15 pm- 5:45 pm	5:15 pm- 5:45 pm	MATAWAN CLOSED ALL SATURDAY CLASSES ARE HELD IN SPOTSWOOD <u>Mini Masters</u> 10:00 am to 10:30 am <u>Taekwondo</u> Family Class 10:30 am to 11:15 am
Taekwondo Age 5-9 White through Sr. Green Belts	5:45 pm- 6:30 pm	5:45 pm- 6:30 pm	5:45 pm- 6:30 pm	5:45 pm- 6:30 pm	5:45 pm- 6:30 pm	
Taekwondo Age 5-9 Blue Belts & Higher	6:30 pm- 7:15 pm	6:30 pm- 7:15 pm	6:30 pm- 7:15 pm	6:30 pm- 7:15 pm	5:45 pm- 6:30 pm	
Taekwondo Age 10+ All Ranks	7:15 pm- 8:00 pm	7:15 pm- 8:00 pm	7:15 pm- 8:00 pm	7:15 pm- 8:00 pm	5:45 pm- 6:30 pm	
Cardio Kickboxing	8:00 pm- 8:45 pm	8:00 pm- 8:45 pm	8:00 pm- 8:45 pm	8:00 pm- 8:45 pm		

MORNING Kickboxing is held in Spotswood at 9:00 am Monday through Saturday
Strength Training Class is held in Spotswood at 8:30 am to 9:00 am Monday through Saturday

COMPETITION CLASS (SPOTSWOOD)	4:30 pm- 5:30 pm (Spotswood)		4:30 pm 5:30 pm (Spotswood)			11:15 am 1:15 pm (Spotswood)
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74 Freneau Avenue (Route 79), Matawan, NJ 07747

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www.fastkix.com info @fastkix.com

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