

FASTKIX TAEKWONDO & KICKBOXING

CLASS SCHEDULE - MATAWAN

Effective March 10, 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI-MASTERS (Ages 3 & 4)		5:45 pm- 6:15 pm		5:45 pm- 6:15 pm	5:45 pm- 6:15 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 <u>Competition</u> <u>Class Level 1</u> 11:15 am to 12:45 pm Level 2 1:00 pm to 3:00 pm
Childrens' Taekwondo Beginners White through Senior Green Belts	5:30 pm- 6:15 pm	6:15 pm- 7:00 pm	5:30 pm- 6:15 pm	6:15 pm- 7:00 pm	6:15 pm- 7:00 pm	
Childrens' Taekwondo Blue belts and higher	6:15 pm- 7:00 pm	7:00 pm- 7:45 pm	6:15 pm- 7:00 pm	7:00 pm- 7:45 pm	6:15 pm- 7:00 pm	
Teen & Adult Taekwondo Beginners/All Ranks	6:15 pm- 7:00 pm	7:00 pm- 7:45 pm	6:15 pm- 7:00 pm	7:00 pm- 7:45 pm	6:15 pm- 7:00 pm	
COMPETITION CLASS	4:30 pm- 5:30 pm (Spotswood)	4:45 pm- 5:45 pm	4:30 pm- 5:30 pm (Spotswood)	4:45 pm- 5:45 pm		
Cardio Kickboxing	7:00 pm- 7:45 pm	7:45 pm- 8:30 pm	7:00 pm- 7:45 pm	7:45 pm- 8:30 pm	7:00 pm- 7:45 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

74 Freneau Avenue (Route 79), Matawan, NJ 07747

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Have your child's next birthday party at Fastkix!

