

# FASTKIX TAEKWONDO & KICKBOXING

## CLASS SCHEDULE - MATAWAN

Effective March 26, 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI-MASTERS (Ages 3 & 4)		5:45 pm- 6:15 pm		5:45 pm- 6:15 pm		<b>MATAWAN CLOSED</b> <b>ALL SATURDAY CLASSES ARE HELD IN SPOTSWOOD</b> <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 1:15 pm Level 2 11:15 am to 3:15 pm
Chidrens' Taekwondo Beginners White, Yellow & Sr. Yellow 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	All ages/ All Ranks 6:15 pm- 7:00 pm	
Childrens' Taekwondo Green 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		
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		
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!*

