



# FASTKIX TAEKWOND & KICKBOXING

## CLASS SCHEDULE - MATAWAN



Effective July 18, 2022	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>COMPETITION CLASS</b>	4:30-5:30 pm in Spotswood	4:45 pm- 5:45 pm	4:30-5:30 pm in Spotswood	4:45 pm- 5:45 pm		11:00am-1:00pm in Spotswood
<b>MINI-MASTERS</b> Ages 3 & 4		5:45 pm- 6:15 pm		5:45 pm- 6:15 pm		9:45 am- 10:15 am
<b>Childrens Taekwondo</b> Green Belt & above (age 5-11)	5:30 pm- 6:15 pm	6:15 pm- 7:00 pm	5:30 pm- 6:15 pm	6:15 pm- 7:00 pm	5:30 pm- 6:15 pm	<u>All Ages &amp;</u> <u>Ranks</u> <u>Taekwondo</u> 10:15 am- 11:00 am
<b>Childrens Taekwondo</b> Beginners, White & Yellow Belts (age 5-11)	6:15 pm- 7:00 pm	6:15 pm- 7:00 pm	6:15 pm- 7:00 pm	6:15 pm- 7:00 pm	6:15 pm- 7:00 pm	
<b>Teen/Adult Taekwondo</b> (ages 12+)	7:45 pm- 8:30 pm	7:45 pm- 8:30 pm	7:45 pm- 8:30 pm	7:45 pm- 8:30 pm	7:00 pm- 7:45 pm	
<b>Cardio Kickboxing</b>	7:00 pm- 7:45 pm	7:00 pm- 7:45 pm	7:00 pm- 7:45 pm	7:00 pm- 7:45 pm		9:00 am- 9:45 am



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