



FASTKIX TAEKWOND & KICKBOXING CLASS SCHEDULE - SPOTSWOOD



Effective July 13, 2022	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COMPETITION TEAM	<u>Level 1</u> 4:30 pm- 5:30 pm	4:45 pm- 5:45 pm in Matawan	<u>Level 1</u> 4:30 pm- 5:30 pm	4:45 pm- 5:45 pm in Matawan		<u>Level 1</u> 11:00 am- 1:00 pm
	<u>Level 2</u> 3:30 pm- 5:30 pm		<u>Level 2</u> 3:30 pm- 5:30 pm			<u>Level 2</u> 1:00 pm- 3:00 pm
MINI-MASTERS (Ages 3 & 4)		5:00 pm- 5:30 pm		5:00 pm- 5:30 pm		9:45 am- 10:15 am
Childrens Beginner, White & Yellow Belt Taekwondo (ages 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	Family Taekwondo All Ages & All Ranks 10:15 am- 11:00 am
Childrens Green, Blue, Brown & Red Belt Taekwondo (ages 5-11)	5:30 pm- 6:15 pm	5:30 pm- 6:15 pm	5:30 pm- 6:15 pm	5:30 pm- 6:15 pm	5:30 pm- 6:15 pm	
Childrens Black Belts (ages 8-11) & Young Adult Taekwondo (ages 12-16/all ranks)	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	
Adult Taekwondo (ages 17+ all ranks)	8:30 pm- 9:15 pm	8:30 pm- 9:15 pm	8:30 pm- 9:15 pm	8:30 pm- 9:15 pm	7:00 pm- 7:45 pm	
Cardio Kickboxing	9:00 am- 9:45 am	9:00 am- 9:45 am	9:00 am- 9:45 am	9:00 am- 9:45 am	9:00 am- 9:45 am	9:00 am- 9:45 am
	7:45 pm- 8:30 pm	7:00 pm- 7:45 pm	7:45 pm- 8:30 pm	7:00 pm- 7:45 pm		



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