

FASTKIX TAEKWONDO

CLASS SCHEDULE - SPOTSWOOD

Effective December 1, 2025	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI MASTERS Age 3 & 4		5:00 pm- 5:30 pm		5:00 pm- 5:30 pm		10:00 am- 10:30 am
Taekwondo Age 5-9 White, Yellow & Sr. Yellow	6:15 pm- 7:00 pm	5:30 pm- 6:15 pm	6:15 pm- 7:00 pm	6:15 pm- 7:00 pm	5:30 pm- 6:15 pm	10:30 am- 11:15 am All ages All Ranks
Taekwondo Age 5-9 Green - Sr. Blue Belts	5:30 pm- 6:15 pm	6:15 pm- 7:00 pm	7:00 pm- 7:45 pm	7:00 pm- 7:45 pm	5:30 pm- 6:15 pm	
Taekwondo Age 6-9 Brown Belts & Higher	7:00 pm- 7:45 pm	7:00 pm- 7:45 pm	5:30 pm- 6:15 pm	5:30 pm- 6:15 pm	6:15 pm - 7:00 pm	
Taekwondo Age 10-12 All Ranks	7:45 pm- 8:30 pm	7:45 pm- 8:30 pm	7:45 pm- 8:30 pm	7:45 pm- 8:30 pm	6:15 pm - 7:00 pm	
Taekwondo Age 13+ 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	6:15 pm - 7:00 pm	
COMPETITION TEAM	<u>Level 1</u> 4:30 pm- 5:30 pm		<u>Level 1</u> 4:30 pm- 5:30 pm			<u>Level 1</u> 11:15 am- 12:45 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
Strength Training	8:30 am- 9:00 am	8:30 am- 9:00 am	8:30 am- 9:00 am	8:30 am- 9:00 am	8:30 am- 9:00 am	8:30 am- 9:00 am
Cardio Kickboxing	9:00 am- 10:00am	9:00 am- 10:00 am	9:00 am- 10:00 am	9:00 am- 10:00 am	9:00 am- 10:00 am	9:00 am- 10:00 am
	<u>Matawan</u> 8:00 pm- 8:45 pm	<u>Matawan</u> 8:00 pm- 8:45 pm	<u>Matawan</u> 8:00 pm- 8:45 pm	<u>Matawan</u> 8:00 pm- 8:45 pm		



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