

FASTKIX TAEKWONDO

CLASS SCHEDULE - SPOTSWOOD

Effective March 26, 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
COMPETITION TEAM	<u>Level 1</u> 4:30 pm- 5:30 pm	<u>Matawan</u> 4:45 pm- 5:45 pm	<u>Level 1</u> 4:30 pm- 5:30 pm	<u>Matawan</u> 4:45 pm- 5:45 pm		<u>Level 1</u> 11:15 am- 1:15pm
	<u>Level 2</u> 3:30 pm- 5:30 pm		<u>Level 2</u> 3:30 pm- 5:30 pm			<u>Level 2</u> 1:15 pm- 3:15pm
MINI MASTERS (ages 3 & 4)		5:00 pm- 5:30 pm		5:00 pm- 5:30 pm		10:00 am- 10:30 am
Age 5-10 Taekwondo White, Yellow & Sr. Yellow New Students	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
Age 5-10 Taekwondo 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	6:15 pm- 7:00 pm	
Age 7-10 Taekwondo 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		
Age 11-12 Taekwondo All Ranks New Students	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	
Age 13+ Taekwondo All Ranks New Students	8:30 pm- 9:15 pm	8:30 pm- 9:15 pm	8:30 pm- 9:15 pm	8:30 pm- 9:15 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> 7:00 pm- 7:45 pm	<u>Matawan</u> 7:45 pm- 8:30 pm	<u>Matawan</u> 7:00 pm- 7:45 pm	<u>Matawan</u> 7:45 pm- 8:30 pm	<u>Matawan</u> 7:00 pm- 7:45 pm	



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