

CLASS SCHEDULE

Effective 10/19/20	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI MASTERS		5:00pm- 5:30pm		5:00pm- 5:30pm	Taekwondo Live Only	
WHITE/YELLOW/GREEN KIDS TAEKWONDO	6:15pm- 7:00pm	6:15pm- 7:00pm	6:15pm- 7:00pm	6:15pm- 7:00pm	5:00pm- 5:45pm	Live Only 10:00am- 10:45 am
BLUE/BROWN/RED/BLACK KIDS TAEKWONDO	5:30pm- 6:15pm	5:30pm- 6:15pm	5:30pm- 6:15pm	5:30pm- 6:15pm	5:45pm- 6:30pm	
ALL RANKS YOUNG ADULT TAEKWONDO	7:45pm- 8:30pm	7:45pm- 8:30pm	7:45pm- 8:30pm	7:45pm- 8:30pm	6:30pm- 7:15pm	
ALL RANKS ADULT TAEKWONDO	8:30pm- 9:15pm	8:30pm- 9:15pm	8:30pm- 9:15pm	8:30pm- 9:15pm		
COMPETITION TEAM	L2 3:30pm- 5:30pm		L2 3:30pm-5:30pm			L2 11:00am- 3:00pm
	L1 4:30pm- 5:30pm		L1 4:30pm-5:30pm			L1 11:00am- 1:00pm
CARDIO KICKBOXING	9:00am- 9:45am	9:00am- 9:45am	9:00am- 9:45am	9:00am- 9:45am	9:00am- 9:45am	<u>Sat & Sun</u> 9:00am- 9:45am
	7:00pm- 7:45pm	7:00pm- 7:45pm	7:00pm- 7:45pm	7:00pm- 7:45pm		

****All classes live and remote unless indicated ****

FASTKIX TAEKWONDO & KICKBOXING

100 Summerhill Road, Spotswood, NJ 08884 (732) 254-1214

www.fastkix.com facebook.com/FASTKIX

