

CLASS SCHEDULE

Effective 9/8/20	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI MASTERS		5:00pm-5:30pm		5:00pm-5:30pm		
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	10:00am-10:45 am LIVE ONLY
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	Sat & Sun 9:00am-9:45am
	7:00pm-7:45pm	7:00pm-7:45pm	7:00pm-7:45pm	7:00pm-7:45pm		

****All Classes Live & Remote unless indicated****

FASTKIX TAEKWONDO & KICKBOXING

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