



Weekly Schedule

All Classes are Listed in **Central Time**.

effective May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Basics 12:30- 1:00pm			Advanced 12:45-1:15pm	
		Intermediate 1:15- 1:45pm	Basics 4:45- 5:15pm		Intermediate 1:30-2:00pm	
		Advanced 2:40- 3:20pm	Intermediate & Advanced 5:30- 6:00pm		Basics 2:15-2:45pm	
		Black Belt 3:30 - 4:15pm	Conditioning* 6:15- 7:00pm			

Students may attend up to two classes/week.

*Martial Arts Conditioning class is taught by Instructor James as part of teen and adult TKD, and is open to all black belts regardless of age

Students may attend up to two classes/week.

