

# MARTIAL ARTS PLUS ~ 407-847-6866 ~ SCHEDULE 2020

**AFTERSCHOOL PROGRAM**  
 School Pick-Up Program  
 Homework Assistance, Snack,  
 Fun & Fit Activities, TaeKwonDo Class,  
 Pick up until 6:00 pm



- Martial Arts Classes**
- Build Discipline
  - Improve Focus
  - Develop Self-confidence
  - Teach Self-Defense
  - Increase Flexibility & Endurance



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	
TKD Basics ( <i>&amp; Forms</i> )	TKD Basics ( <i>&amp; Combinations</i> )	TKD Technique for Stripes	TKD Basics ( <i>Sparring Technique</i> )	TBA ( <i>Special Classes and Seminars to be announced</i> )

[www.martialartsplus.net](http://www.martialartsplus.net)

Like us on Facebook!



*Self-Defense    TaeKwonDo    Sparring    Afterschool    Dragon Team*