

MARTIAL ARTS PLUS ~ 2021 ~ 407-346-8401

AFTERSCHOOL PROGRAM

Martial Arts & Fitness Classes ~ Fun & Fit Activities
Arts & Crafts ~ Team Sports

Open Monday through Friday.

Pick-up from schools is available. Call for more information!



MARTIAL ARTS CLASSES

- Build Discipline
- Improve Focus
- Develop Self-confidence
- Learn Self-Defense
- Increase Flexibility & Endurance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30-5:00 PM AfterSchool TKD	4:30-5:00 PM AfterSchool TKD	4:00-5:00 PM AfterSchool TKD BAG DRILLS	4:30-5:00 PM AfterSchool TKD	4:15- 4:45 PM AfterSchool Stripes & Topics
	5:00-5:45 Lil' Dragons (ages 5-8)	5:00-5:45 TKD Stripes	5:00-5:45 Lil Dragons (ages 5-8)	
5:00-5:45 SPARRING Full Sparring Gear is mandatory! Instructor permission needed! <i>An additional fee applies for this class.</i>	5:45-6:30 TKD Basics Color Belts and Kids 8 years +	& Special Topics ALL BELTS & ages <i>Technique for stripes</i>	5:45-6:30 TKD Basics Color Belts and Kids 8 years +	<i>TBA (Special Classes and Seminars to be announced)</i>

If your child is on a 1-year, 3-month, or 6-month promotional package, please choose 2 classes between Tuesday, Wednesday, & Thursday. A 3rd class is \$5 extra. Sparring Class is \$10 extra for all students except those paying for advanced student monthly program.

Self-Defense TaeKwonDo Sparring Afterschool Dragon Team

www.martialartsplus.net

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Self Esteem ~ Fitness ~ Discipline ~ Focus

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