

## Federal Way Program Schedule 2019

### Taekwondo

Date/Time	Mon	Tues	Wed	Thur	Fri	Sat
10:30- 11 am	Lil' Dragons		Lil' Dragons			9:30–10:15am Children All Belts
11– 11:45 am	All Belts		All Belts	All Belts		
4 – 4:30 pm	Lil' Dragons	Lil' Dragons	Lil' Dragons	Lil' Dragons		10:30- 12:30 <b>WE Poomsae Team</b> (Special Enrollment)
4:30 – 5:15	Green to Blue Belts	White to Adv. Yellow Belts	Green to Blue Belts	White to Adv. Yellow Belts	White to Blue Belts	
5:15 – 6:00	White to Adv. Yellow Belts	Green to Blue Belts	White to Adv. Yellow Belts	Green to Blue Belts	<b>Demo Team</b>	
6:00 – 6:45	Red- Black Belts & WE Team	Red to Black Belts	TKX	Red- Black Belts & WE Team	Red to Black Belts	12:30 - 2 <b>WE Sparring Team</b>
6:45 – 7:30	Family Class	Family Class	Family Class	Family Class	Family Class	
7:30 – 8:15	Adults Only	Adults Only	Adults Only	Adults Only		<b>TKX</b> 1-2 pm

Lil Dragons: 4 & 5 years old. Family Class is ALL belts & all ages (except dragons).

Adults Only is for 13 and older, ALL belts. WE team is by special enrollment only. Demo team is by invitation.

### Impact Krav Maga

Date/Time	Mon	Tues	Wed	Thur	Fri	Sat
6 – 6:45 pm	Level I	Level I	Level I	Level I	6 – 7 Fight Night	
6:45 – 7:30	Level II	Level II	Level II	Level II		

### IMPACT Kickboxing (Workout starts every 2 minutes)

Date/Time	Mon	Tues	Wed	Thur	Fri	Sat
9 am to 1 pm	All Levels	All Levels	All Levels	All Levels	All Levels	
3:30 – 6 pm	All Levels	All Levels	All Levels	All Levels	All Levels	

### TKX

Date/Time	Mon	Tues	Wed	Thur	Fri	Sat
1 – 2 pm						All Levels
6 – 6:45			Beginner			