

# Class Schedule

# August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5:30pm- Pattern Class 5:30pm- Little Kicks 6:30pm- Pattern Class 7:30pm- Pattern Class	2 5:30pm- Sparring Class 6:30pm- Sparring Class 7:30pm- Sparring Class	3
4	5	6 6:30pm- Pattern Class 7:30pm- Pattern Class	7	8 5:30pm- Pattern Class 5:30pm- Little Kicks 6:30pm- Pattern Class 7:30pm- Pattern Class	9 5:30pm- Pattern Class 6:30pm- Pattern Class 7:30pm- Pattern Class	10 8:30am- Sparring Class 9:30am- Sparring Class
11	12	13 6:30pm- Pattern Class 7:30pm- Pattern Class	14	15 5:30pm- Pattern Class 5:30pm- Little Kicks 6:30pm- Pattern Class 7:30pm- Pattern Class	16 5:30pm- Sparring Class 6:30pm- Sparring Class 7:30pm- Sparring Class	17
18	19	20 6:30pm- Pattern Class 7:30pm- Pattern Class	21	22 5:30pm- Pattern Class 5:30pm- Little Kicks 6:30pm- Pattern Class 7:30pm- Pattern Class	23 5:30pm- Pattern Class 6:30pm- Pattern Class 7:30pm- Pattern Class	24 8:30am- Sparring Class 9:30am- Sparring Class
25	26	27 6:30pm- Pattern Class 7:30pm- Pattern Class	28	29 5:30pm- Pattern Class 5:30pm- Little Kicks 6:30pm- Pattern Class 7:30pm- Pattern Class	30 5:30pm- Sparring Class 6:30pm- Sparring Class 7:30pm- Sparring Class	31

**FAMILY KICKS**



**TAEKWON DO**

**Pattern Classes** - Open to all ranks and ages. Pattern classes focus on techniques, conditioning, self-defense, and patterns.

**Little Kicks** – Introductory class for 4 & 5 year olds.

**Sparring Classes** - Open to all ranks and ages. Sparring classes focus on techniques, conditioning, and practical application through sparring.

**All Classes are 1-hour.**

**Register for your FREE 3-class trial!**

www.FamilyKicksTKD.com  
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Please note: Schedule changes will be announced via Facebook and will be reflected on our website.