

# Class Schedule

# July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		No Classes		Independence Day No Classes	5:30pm- Sparring Class 6:30pm- Sparring Class 7:30pm- Sparring Class	8:30am- Sparring Class 9:30am- Sparring Class (Rescheduled from 7/2)
7	8	9	10	11	12	13
		6:30pm- Pattern Class 7:30pm- Pattern Class		5:30pm- Pattern Class 5:30pm- Little Kicks 6:30pm- Pattern Class 7:30pm- Pattern Class	5:30pm- Pattern Class 6:30pm- Pattern Class 7:30pm- Pattern Class	8:30am- Sparring Class 9:30am- Sparring Class 10:30am- Women's Self Defense Class
14	15	16	17	18	19	20
		6:30pm- Pattern Class 7:30pm- Pattern Class		5:30pm- Pattern Class 5:30pm- Little Kicks 6:30pm- Pattern Class 7:30pm- Pattern Class	5:30pm- Sparring Class 6:30pm- Sparring Class 7:30pm- Sparring Class	
21	22	23	24	25	26	27
		6:30pm- Pattern Class 7:30pm- Pattern Class		5:30pm- Pattern Class 5:30pm- Little Kicks 6:30pm- Pattern Class 7:30pm- Pattern Class	5:30pm- Pattern Class 6:30pm- When Words Won't Work Class 7:30pm- Pattern Class	8:30am- Sparring Class 9:30am- Sparring Class
28	29	30	31			
		6:30pm- Pattern Class 7:30pm- Pattern Class				

## FAMILY KICKS



### Pattern Classes

Classes are 1 hour long. Open to all ranks and ages. Pattern classes focus on techniques, conditioning, self-defense, and Tul (patterns).

### Sparring Classes

Classes are 1 hour long. Open to all ranks and ages. Sparring classes focus on techniques, conditioning, and practical application through sparring.

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

[www.FamilyKicksTKD.com](http://www.FamilyKicksTKD.com)  
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Please note: Schedule changes will be announced via Facebook and will be reflected on our website.