

# Class Schedule

# November

# 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Pattern Class	4 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Sparring Class	5 4:30pm- Little Kicks 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Pattern Class	6	7
8	9	10 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Pattern Class	11 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Sparring Class	12 4:30pm- Little Kicks 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Pattern Class	13	14 8:30am- Sparring Class 9:30am- Sparring Class 10:30am- Leadership Class
15	16	17 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Pattern Class	18 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Sparring Class	19 4:30pm- Little Kicks 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Pattern Class	20	21
22	23	24 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Pattern Class	25 4:30pm- Little Kicks 4:30pm- Pattern Class 5:30pm- Pattern Class 6:30pm- Sparring Class	26 HAPPY THANKSGIVING! 9:00am- Pattern Class	27	28 8:30am- Sparring Class 9:30am- Sparring Class 10:30am- Leadership Class
29	30					

## FAMILY KICKS



## TAEKWON DO

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

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

**Leadership Classes** - Open to blue belts and higher who have received an invitation from Mr. Holly.

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

www.FamilyKicksTKD.com  
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Lewisville, NC 27023

Please note: Pre-Registration for all classes is required so we can adhere to Covid-19 restrictions, please visit website for more details.