

# Class Schedule **October** 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:30pm- Pattern Class 7:30pm- Pattern Class	2	3 5:30pm- Little Kicks 5:30pm- Pattern Class 6:30pm- Pattern Class 7:30pm- Pattern Class	4 5:30pm- Pattern Class 6:30pm- Pre-Testing	5 8:30am- Sparring Class 9:30am- Sparring Class 1:30pm- Women's Self Defense Class
6	7	8 6:30pm- Pattern Class 7:30pm- Pattern Class	9	10 5:30pm- Little Kicks 5:30pm- Pattern Class 6:30pm- Pattern Class 7:30pm- Pattern Class	11 5:30pm- Sparring Class 6:30pm- Sparring Class 7:30pm- Sparring Class	12
13	14	15 6:30pm- Pattern Class 7:30pm- Pattern Class	16	17 5:30pm- Little Kicks 5:30pm- Pattern Class 6:30pm- Pattern Class 7:30pm- Pattern Class	18 5:30pm- Pattern Class 6:30pm- Pattern Class 7:30pm- Pattern Class	19 9:00am- Promotion Test
20	21	22 6:30pm- Pattern Class 7:30pm- Pattern Class	23	24 5:30pm- Little Kicks 5:30pm- Pattern Class 6:30pm- Pattern Class 7:30pm- Pattern Class	25 5:30pm- Pattern Class 6:30pm- Pattern Class 7:30pm- Pattern Class	26 8:30am- Sparring Class 9:30am- Sparring Class
27	28	29 6:30pm- Pattern Class 7:30pm- Pattern Class	30	31 Happy Halloween  NO CLASSES		

## FAMILY KICKS



**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.**  
(Women's Self Defense is 90 minutes)

**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.