



2021-2022 CLASSES SCHEDULE

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1101 CHEEK SPARGER #1071

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:15- 4:15	3:15- 4:15	3:15- 4:15	3:15- 4:15	3:15- 4:15	9:00-9:30
ASP TKD CLASSES	ASP TKD CLASSES	ASP TKD CLASSES	ASP TKD CLASSES	ASP TKD CLASSES	3- 4 Pre-SKILLZ Black Mats (ONLY 5 SPOTS)
5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	9:30-10:00
5-6 YEAR OLD BASIC SKILLZ (FORM-BLOCKS/PUNCH & STRIKE TECHNIQUES) ONLY 12 SPOTS	5-6 YEAR OLD BASIC SKILLZ (KICKING TECHNIQUES) ONLY 12 SPOTS	5-6 YEAR OLD BASIC SKILLZ (PADDLE, CHALLENGE TECHNIQUES) ONLY 12 SPOTS	5-6 YEAR OLD BASIC SKILLZ SPARRING TECHNIQUES ONLY 12 SPOTS	5-6 YEAR OLD BASIC SKILLZ ONLY 12 SPOTS	3- 4 Pre-SKILLZ Black Mats (ONLY 5 SPOTS)
					10:00-10:30
					3- 4 Pre-SKILLZ Black Mats (ONLY 5 SPOTS)
5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	9:00-9:45
7 - 10 YR OLD - ALL BELTS (FORM-BLOCKS/PUNCH & STRIKE TECHNIQUES) ONLY 15 SPOTS	7 - 10 YR OLD - WHITE/ORANGE/YELLOW BELTS (KICKING TECHNIQUES) ONLY 15 SPOTS	7 - 10 YR OLD WHITE/ORANGE/YELLOW BELTS (PADDLE, CHALLENGE TECHNIQUES) ONLY 15 SPOTS	7 - 10 YR OLD WHITE/ORANGE/YELLOW BELTS - SPARRING TECHNIQUES (ONLY 15 SPOTS)	7 - 10 YR OLD ALL BELTS ONLY 15 SPOTS	5-6 YR OLD BASIC SKILLZ (Only 10 spots)
6:30-7:30	6:30-7:15	6:30-7:30	6:30-7:15	6:30-7:15	9:45-10:30
	7 - 10 YR GREEN TO RED BELTS (KICKING TECHNIQUES) ONLY 15 SPOTS		7 - 10 YR GREEN TO RED BELTS SPARRING TECHNIQUES (ONLY 15 SPOTS)		7 - 10 CORE SKILLZ- ALL BELTS
	7:15-8:15		7:15-8:15		
	13 YR OLD TO ADULT (ALL BELTS)		13 YR OLD TO ADULT (ALL BELTS)		

