

Studio A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kickboxing for Women MMA Fitness 11:00am-12pm		Kickboxing for Women MMA Fitness 11:00am-12pm		Kickboxing MMA Fitness 9:00-10:00am	
Ages 6 - 7 Big Tigers 5:00-5:30pm	Ages 3 - 5 Little Tigers 5:30-6:00pm	Ages 6 - 7 Big Tigers 5:00-5:30pm	Ages 3 - 5 Little Tigers 5:30-6:00pm	Advanced Class By Invitation Only 5:30-6:30pm	
Youth - Beginner Traditional Taekwondo 5:30-6:15pm	Youth - Beginner Traditional Taekwondo 6:00-6:45pm	Youth - Beginner Traditional Taekwondo 5:30-6:15pm	Youth - Beginner Traditional Taekwondo 6:00-6:45pm	Black Belt Club Extreme By Invitation Only 6:30-7:30pm	
Youth – Int/Adv Traditional Taekwondo 6:15-7:00pm	Adults / Teams Olympic Style Sparring 6:45-7:45pm	Youth – Int/Adv Traditional Taekwondo 6:15-7:00pm	All Ages / Teams Olympic Style Sparring 6:45-7:45pm	Kickboxing MMA Fitness 7:30-8:30pm	
Adults & Teens Traditional Taekwondo 7:00-7:45pm		Adults &Teens Traditional Taekwondo 7:00-7:45pm			
Kickboxing MMA Fitness 8:00-8:45pm		Kickboxing MMA Fitness 8:00-8:45pm			

Studio B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Olympic Team Training 6:00-6:45pm		Olympic Team Training 6:00-6:45pm		