


- ✓ Build up self-esteem
- ✓ Increase confidence
- ✓ Improve concentration



Private Lesson Available

	Mon		Tue		Wed		Thu		Fri		Sat
	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	
Level 1 (Beginner) Children	4:30pm to 5:10pm		6:10pm to 6:50pm		4:30pm to 5:10pm		4:30pm to 5:10pm		5:20pm to 6:00pm		Birthday Party Available 
Level 2 Yellow to Brown (Children)		4:30pm to 5:10pm	5:20pm to 6:00pm					5:20pm to 6:00pm		4:30pm to 5:10pm	
Level 3 R/W to B/W (Children)	5:20pm to 6:00pm		4:30pm to 5:10pm		5:20pm to 6:00pm			4:30pm to 5:10pm			
Level 4 Black/Yellow (Children)		5:20pm to 6:00pm		4:30pm to 5:10pm			5:20pm to 6:00pm			6:10pm to 6:50pm	
Level 5 (Black Belt) Children		6:10pm to 6:50pm		5:20pm to 6:00pm		5:20pm to 6:00pm			6:10pm to 6:50pm		
Teen & Adult (All Belt)				6:10pm to 6:50pm				6:10pm to 6:50pm			
POOMSAE TEAM	5:00pm to 6:00pm		5:00pm to 6:00pm		5:00pm to 6:00pm		5:00pm to 6:00pm				
Black Belt Club (Register required)	6:10pm to 6:50pm Teen & Adult					4:30pm to 5:10pm (Kids)				5:20pm to 6:00pm Only Black/yellow (kid)	
Tricking Club (Register required)									4:30pm to 5:10pm		
Sparring Club (Register required)						6:10pm to 6:50pm					