



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Kicking – Forms - Basics</b>	<b>Kicking – Forms - Basics</b>	<b>Kicking – Forms - Basics</b>	<b>Sparring</b>	<b>Breaking Techniques</b>
	1:00 – 1:45 PM HomeSchool TKD White – Green		1:00 – 1:45 PM HomeSchool TKD White – Green	
	1:45 – 2:30 PM HomeSchool TKD Purple - Black		1:45 – 2:30 PM HomeSchool TKD Purple - Black	
	4:30 – 5:00 PM Little Warriors Tae-Kwon-Do		4:30 – 5:00 PM Little Warriors Tae-Kwon-Do	
5:00 – 5:45 PM White Belts* Tae-Kwon-Do	5:00 – 5:45 PM Red - Black Tae-Kwon-Do	5:00 – 5:45 PM Green - Blue Tae-Kwon-Do	5:00 – 5:45 PM Yellow - Orange Tae-Kwon-Do	5:00 – 5:45 PM White – Green* Tae-Kwon-Do
5:45 – 6:30 PM Yellow - Orange Tae-Kwon-Do	5:45 – 6:30 PM White Belts* Tae-Kwon-Do	5:45 – 6:30 PM Red - Black Tae-Kwon-Do	5:45 – 6:30 PM Green - Blue Tae-Kwon-Do	5:45 – 6:30 PM Purple – Black Tae-Kwon-Do
6:30 – 7:15 PM Green - Blue Tae-Kwon-Do	6:30 – 7:15 PM Yellow - Orange Tae-Kwon-Do	6:30 – 7:15 PM White Belts* Tae-Kwon-Do	6:30 – 7:15 PM Red - Black Tae-Kwon-Do	
	7:15 - 8 PM Adults Tae-Kwon-Do	7:20 – 8:15 PM FitTeam Cardio Kickboxing	7:15 - 8 PM Adults Tae-Kwon-Do	7:20 – 8:15 PM FitTeam Cardio Kickboxing



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