



# Class Schedule 2022

## KIDS TAEKWONDO

|                 | MON | TUES                 | WED       | THUR                 | FRI       |
|-----------------|-----|----------------------|-----------|----------------------|-----------|
| 5:00pm - 6:00pm |     | Kid's TKD Beginner A | Mixed TKD | Kid's TKD Beginner A | Mixed TKD |
| 6:00pm - 7:00pm |     | Kid's TKD Beginner B |           | Kid's TKD Beginner B |           |

## ADULT TKD, TAI CHI & SILAT

|                 | MON             | TUES                       | WED       | THUR                       | FRI             |
|-----------------|-----------------|----------------------------|-----------|----------------------------|-----------------|
| 5:00pm - 6:00pm | TAI CHI         |                            | TAI CHI   |                            | MIXED TKD       |
|                 | BEGINNER AIKIDO |                            | MIXED TKD |                            | BEGINNER AIKIDO |
| 6:00pm - 7:00pm | SILAT           |                            | SILAT     |                            | AIKIDO          |
|                 | AIKIDO          |                            | AIKIDO    |                            |                 |
| 7:00pm - 8:15pm |                 | TKD<br>7:00pm to<br>8:15pm |           | TKD<br>7:00pm to<br>8:15pm |                 |

|                                   |
|-----------------------------------|
| SATURDAY<br>TAI CHI<br>1pm to 2pm |
| SATURDAY<br>SILAT<br>2pm to 3pm   |



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