

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sparring SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm	2	3 CLOSED
4	5 Kicks H, SK 6:30pm SH, G 7:20pm SWAT CAMP 8:10pm	6 Poomsae SK, H 6:30pm SWAT CAMP 7:20pm	7 Poomsae SH 6:30pm	8 Sparring Drills SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm	9 Black Belt Dinner 7:00PM	10 SWAT CAMP 9:30am
11	12 Kicks & Blocks H, SK 6:30pm SH, G 7:20pm SWAT CAMP 8:10pm	13 Punches & Strikes SK, H 6:30pm NO SWAT CAMP	14 One Step Drills SH 6:30pm	15 Sparring SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm	16	17 SWAT CAMP 9:30am HTA Team Training 10:30am
18	19 Poomsae H, SK 6:30pm SH, G 7:20pm SWAT CAMP 8:10pm	20 Jump Kicks SK, H 6:30pm SWAT CAMP 7:20pm	21 Self Defense SH 6:30pm	22 Sparring Drills SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm	23	24 SWAT CAMP 9:30am
25	26 Family Training Day H, SK 6:30pm SH, G 7:20pm SWAT CAMP 8:10pm	27 Self Defense SK, H 6:30pm SWAT CAMP 7:20pm	28 Cardio Day SH 6:30pm	29 Sparring SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm	30	July 1 SWAT CAMP 9:30am HTA Team Training 10:30am

SWAT CAMP

STRENGTH, WEIGHTLOSS, AGILITY & TONING

Monday 8:10 PM
Tuesday 7:20 PM
Thursday 8:10 PM
Saturday 9:30 AM (optional)

Bring a Towel, Water and Good Attitude. We SWEAT so be ready to burn calories.

COST:

\$8 Walk In
\$30 5 DAY PASS
\$60 Monthly Unlimited (BEST)
Private Class: \$50 hourly

Class Schedule subject to change

OUR TAEKWONDO PROGRAMS

SK = Side Kicks

H = Heroes

SH = Super Heroes

G = Guardians

ASP = Advanced Sparring and Poomsae

Sidekicks (6-12yrs)

Belt levels White, Yellow and Orange

Heroes (6-12yrs)

Belt levels Green, Blue and Purple

Super Heroes (8 & Up)

Belt levels Red, Brown & Black

Guardians (15 years to Adult)

Belt Levels White to Purple