

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Kicks H, SK 6:30pm SH, G 7:20pm SWAT CAMP 8:10pm	2 Poomsae SK, H 6:30pm SWAT CAMP 7:20pm	3 One Step Drills SH 6:30pm	4 Sparring SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm	5	6 CLOSED
7	8 Punches H, SK 6:30pm SH, G 7:20pm SWAT CAMP 8:10pm	9 Kicks SK, H 6:30pm SWAT CAMP 7:20pm	10 Poomsae SH 6:30pm	11 Sparring Drills SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm	12	13 SWAT CAMP 9:30am
14	15 Test Review H, SK 6:30pm SH, G 7:20pm SWAT CAMP 8:10pm	16 Test Review SK, H 6:30pm SWAT CAMP 7:20pm	17 Advanced Kicking SH 6:30pm	18 Sparring SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm	19	20 Belt Testing! SK - 9:00am H, SH - 11:00am
21	22 Poomsae H, SK 6:30pm SH, G 7:20pm SWAT CAMP 8:10pm	23 Punches SK, H 6:30pm SWAT CAMP 7:20pm	24 Self Defense SH 6:30pm	25 Sabumnim's B-Day!!! Sparring Drills SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm	26	27 SWAT CAMP 9:30am
28	29 CLOSED for MEMORIAL DAY	30 Self Defense SK, H 6:30pm SWAT CAMP 7:20pm	31 Boxing Drills SH 6:30pm	June 01 Sparring SK 6:30pm H, SH, G 7:20pm SWAT CAMP 8:10pm		

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:

\$5 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