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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | Lil’ Ninjas TKD  4:30 – 5:00pm |  | Lil’ Ninjas TKD  4:30 – 5:00pm |  | Olympic Sparring  9:30 – 10:30am |
| Lil’ Dragons TKD  4:45 – 5:15pm | Juniors TKD  5:05 – 5:45pm | Lil’ Dragons TKD  4:45 – 5:15pm | Juniors TKD  5:05 – 5:45pm |  | Lil’ Dragons TKD  10:35 – 11:05am |
| Juniors TKD  5:15 – 5:55pm | Lil’ Dragons TKD  5:50 – 6:20pm | Juniors TKD  5:15 – 5:55pm | Lil’ Dragons TKD  5:50 – 6:20pm |  | Family/Adult TKD  11:10 – 11:55am |
| Cardio Kickboxing  6:10 – 6:55pm | Family/Adult TKD  6:25 – 7:15pm | Family/Adult TKD  6:10 – 6:55pm | Cardio Kickboxing  6:25 – 7:15pm |  | MMA  12:00 – 1:00pm |
| Family/Adult TKD  7:00 – 7:45pm | MMA  7:15 – 8:15pm | Cardio Kickboxing  7:00 – 7:45pm | MMA  7:15 – 8:15pm |  |  |
| A | A | B | B | A | A/B |

A – Testing requirements and curriculum days

B – Sparring techniques and sparring drill days (Kim’s approved sparring gear required)

Lil’ Ninjas (Ages 3-4)

Lil Dragons (Ages 5-7)

Juniors (Ages 8 – 12)

Adults (Ages 13 and Up)

\*A child may attend Family/Adult TKD if accompanied by an adult or if they are a Red/Black Belt or higher