

ELITE KICKS
TAE KWON DO ACADEMY

EFFECTIVE BEGINNING
AUGUST 1st, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Elite Tigers 4:00 – 4:40	Elite Tigers 4:00 – 4:40	Elite Tigers 4:00 – 4:40	Elite Tigers 4:00 – 4:40	
Juniors 4:45 – 5:30	Juniors 4:45 – 5:30	Juniors 4:45 – 5:30	Juniors 4:45 – 5:30	Sparring Class (5-12 yrs old) 4:30 – 5:30
Kids Adv. Self Defense (up to 12 yo) 5:35 – 6:25	Adv. Class (brown belt & up) (all ages) 5:35 – 6:25	Kids Adv. Self Defense (up to 12 yo) 5:35 – 6:25	Adv. Class (brown belt & up) (all ages) 5:35 – 6:25	
Adv. Class (brown belt & up) (all ages) 6:30 – 7:20	Teens & Adults 6:30 – 7:30	Adv. Class (brown belt & up) (all ages) 6:30 – 7:20	Teens & Adults 6:30 – 7:30	
Self Defense (Teens & Adults) 7:30 – 8:30	Self Defense/ Fitness (Teens & Adults) 7:30 – 8:30	Self Defense (Teens & Adults) 7:30 – 8:30	Self Defense/ Fitness (Teens & Adults) 7:30 – 8:30	

Elite Tigers: Ages 4 – 8 Juniors: Ages 8 – 12 Teens: Ages 13 – 17 Adults: Ages 18 and up