


# CLASS SCHEDULE OF PROGRAMS

817-488-1088

Effective August 2015	KUBS 4 to 6 Years Old	Jr. Black Belt Club White to Green Belts	Masters Club Juniors Purple to Red Belts	Black Red Belts, all ages	All Black Belts Juniors, Teens & Adults	All Taekwondo Teens & Adults	OPEN FLOOR FOR ALL RANKS & AGES	* Weapons	* Tai Chi Class	* Zumba with Teresa	* Leadership Team	* Aikido Classes	* Boot Camp Workouts. Registration req.
Monday	5:30 to 6:00 <b>Mat A</b>	5:00 to 5:30 <b>Mat A</b>	6:00 to 6:30 <b>Mat A</b>	6:30 to 7:00 <b>Mat A</b>	7:00 to 7:45 <b>Mat A</b>		See Monthly Calendar	6:30 to 7:00 <b>Mat A</b>					
Tuesday	5:00 to 5:30 <b>Mat A</b>	5:30 to 6:10 <b>Mat A</b>	6:10 to 6:50pm <b>Mat A</b>	6:50 to 7:30 <b>Mat A</b>			See Monthly Calendar		Open Floor 7:00 7:45pm <b>Mat B</b>				8:00 to 9:00am <b>Mat A</b>
Wednesday	5:30 to 6:15 Combined class: check schedule for spar dates. Kubs welcome on spar day only.			6:15 to 7:00 Combined class: check schedule for sparring dates.			*7:00 to 7:45pm RSVP!			* 7:00 to 7:45pm RSVP!	*7:00 to 7:45pm See calendar	6:00 to 7:30 pm RSVP <b>Mat A</b>	
Thursday	5:30 to 6:00 <b>Mat A</b>		6:00 to 6:30 <b>Mat A</b>		6:30 to 7:15 <b>Mat A</b>		See Monthly Calendar		Teaching Class 7:15 to 8:15pm <b>Mat A</b>				8:00 to 9:00 am <b>Mat A</b>
Friday	See Monthly Calendar for special events												
Saturday	Open Floor 9:30am to 10:00am Main Mat A: Please RSVP							See calendar for special events	8:30 to 9:15am Tai Chi Group <b>Mat B</b>	See calendar for special events	Once a Month 9:00 to 10:00 <b>Mat A</b>	9:30am Aikido With Mr. Chaney <b>Mat B</b>	7:30 to 8:30am <b>Mat A</b>

We LOVE referrals! If you tell your friends about us or use social media to tell everyone how much you like our programs! We will reward your spirit!

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"Determination: What is a Black Belt?...  
 "A White Belt that Never Quits"

\* all classes with \* require separate registration.

Book your Black Belt Birthday Party Today.

Weapons class is Monday @ 6:30pm Sign up for this class!!

Always bring your Sparring Gear to each Class!