



EMPOWER TKD CLASS SCHEDULE

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am-9:30am		Kick2BeFit (Adult)		Kick2BeFit (Adult)		9:00-10:00am Little Dragon TKD
4:00pm-4:45pm	Afterschool TKD	Afterschool TKD	Afterschool TKD	Afterschool TKD (til 4:30pm)		10:10-11:10am Kick2BeFit (Adult)
4:50pm-5:20pm	Little Dragon TKD (3-4yrs.)	Little Dragon TKD (5-6yrs.)	Little Dragon TKD (3-4yrs)	Kick2BeFit (Adult) (4:30pm - 5:30pm)	Little Dragon TKD (5-6yrs.)	11:30am - 1:30pm Olympic Sparring
5:30pm-6:30pm	Youth Dragon TKD Beginner (W-HY)	Youth Dragon TKD Upper (G-HB)	Youth Dragon TKD Beginner (W-HY)	Youth Dragon TKD Upper (G-HB)	6:00pm - 7:30pm Olympic Sparring	
6:45pm-7:45pm	Blue & Upper TKD (R - BLK)	Adult Beginner TKD	Blue & Upper TKD (R - BLK)	Adult Beginner TKD		

* W: White Belt

HY: High Yellow Belt

G: Green Belt

HB: High Blue Belt

R: Red Belt

BLK: Black Belt

Location: 610 Airport Road, New Bern, NC 28560

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Facebook Group: Empower Tkd Members (Members Only)