



EMPOWER TKD CLASS SCHEDULE

| Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|---|--|---|--|---|--|
| 8:30am-9:30am | | Kick2BeFit (Adult) | | Kick2BeFit (Adult) | | |
| 4:00pm-4:45pm | Afterschool TKD | Afterschool TKD | Afterschool TKD | Afterschool TKD | | 9:00 - 10:00am Kick2BeFit (Adult) |
| 4:45pm-5:25pm | Little Dragon TKD (3-4yrs.) | Little Dragon TKD (5-6yrs.) | Little Dragon TKD (3-4yrs) | Little Dragon TKD (5-6yrs.) | | 10:30am - 12:30pm 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

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Facebook Group: Empower Tkd Members (Members Only)