



Daily Schedule

703-569-6969

WWW.K2MAA.COM

Effective Date:

JUNE 2, 2017

Mornings / Afternoons



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| | Cage 1 | | Cage 2 | |
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| Monday | 4:25-5:20 5:30-6:10 6:10-7:00 6:10-7:00 7:00-8:00 | Campers/After School Only Turtles/Dragons/ Scorpions No Belt - Green Belt Blue Belt thru Black Belt Family TKD & Adult | 4:25-5:20 5:30-6:10 6:10-7:00 7:00-8:30 | Campers/After School Only KB express Team Tournament Training MUAY THAI BOXING |
| Tuesday | 4:25-5:20 5:30-6:20 6:20-7:00 7:00-8:00 " | Campers/After School Only No Belt - Green Belt Turtles/Dragons/ Scorpions All Levels solid belts Family TKD & Adult | 4:25-5:20 5:30-6:20 6:20-7:00 7:00-8:00 | Campers/After School Only Blue Belt thru Black Belt Self Defense <small>ages 6+</small> Kickboxing |
| Wednesday | 9:30-10:30 am 4:25-5:20 5:30-6:10 6:10-7:00 6:10-7:00 7:00-8:00 | Kickboxing Campers/After School Sparring Only Turtles/Dragons No Belt - Green Belt Blue Belt thru Black Belt Family TKD & Adult | 4:25-5:20 5:30-6:10 6:10-7:00 7:00-8:30 | Campers/After School Only Scorpions & No Belts under 8 yr Team Tournament Training MUAY THAI BOXING |
| Thursday | 4:25-5:20 5:30-6:20 6:20-7:00 7:00-8:00 " | CLUB DAY-Camper/AfterSchool ONLY No Belt - Green Belt Turtles/Dragons/ Scorpions All Levels solid belts Family TKD & Adult | 4:25-5:20 5:30-6:20 6:20-7:00 7:00-8:00 | CLUB DAY-Camper/AfterSchool ONLY Blue Belt thru Black Belt Self Defense <small>ages 6+</small> Kickboxing |
| Friday | 9:30-10:30 am 4:25-5:20 5:30-6:10 6:10-7:00 | Kickboxing Campers/After School Only Turtles & Dragons TKD self defense/sparring <small>(No Belt - Black Belt)</small> | 4:25-5:20 5:30-6:10 6:15-7:15 | Campers/After School Only Scorpions Kickboxing & OPEN MAT |
| Saturday | 9:45-10:30 10:30-11:30 11:30-12:30 | Turtles/Dragons Kickboxing White Belt - Black Belt | 9:45-10:30 10:30-11:30 12:30-1:30 | Scorpions & No Belts Teens/Adults TKD Team Tournament Training |

Before & After
School Care

school