

TEEN & ADULT SCHEDULE



EFFECTIVE:
SEPT 8. 2017

Monday	5:30-6:10	Kickboxing Xpress
	7:00-8:00	<i>Family TKD</i>
	7:00-8:30	Muay Thai Boxing
Tuesday	7:00-8:00	<i>Family TKD</i>
	7:00-8:00	Kickboxing
Wednesday	9:30-10:30	Kickboxing
	7:00-8:00	<i>Family TKD</i>
	7:00-8:30	Muay Thai Boxing
Thursday	7:00-8:00	<i>Family TKD</i>
	7:00-8:00	Kickboxing
Friday	9:30-10:30	Kickboxing
	6:15-7:15	OPEN MAT
	6:30-7:30	Muay Thai Boxing
Saturday	10:30-11:30	Kickboxing
	10:30-11:30	<i>Tae Kwon Do</i>

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