



# Daily Schedule

703-569-6969

WWW.K2MAA.COM

Effective Date:

Sept 8, 2017



Mornings / Afternoons

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		Cage 1		Cage 2
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/ <b>Scorpions</b> 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 <b>MUAY THAI BOXING</b>
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/ <b>Scorpions</b> 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 <b>Scorpions</b> & No Belts under 8 yr Team Tournament Training <b>MUAY THAI BOXING</b>
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/ <b>Scorpions</b> 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 6:30-7:30	Campers/After School Only <b>Scorpions</b> <b>MUAY THAI BOXING -</b> <b>OPEN MAT</b>
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	<b>Scorpions</b> & No Belts Teens/Adults TKD Team Tournament Training

Before & After  
School Care

school