

FLORIDA MARTIAL ARTS & FITNESS CENTER---CLASS SCHEDULE---2019

Monday

4:00-4:45pm All ranks 4 and up
5:00-5:45pm TKD white thru orange/green stripe 5-13 years
5:45-6:30pm TKD green thru black belt 6-13 years
6:30-7:15pm Adults TKD all ranks
7:20-8:05pm Cardio kickboxing

TKD classes ages 4
years and up

Fitness classes ages
13 years and up

Tuesday

4:00-4:45pm TKD all ranks 6-17 years
4:45-5:30pm TKD green thru black belt 6-13 years
5:30-6:15pm Martial arts weapons

Wednesday

4:00-4:45pm All ranks 4 and up
5:00-5:45pm TKD white thru orange/green stripe 5-13 years
5:45-6:30pm TKD green thru black belt 6-13 years
6:30-7:15pm Adults TKD all ranks
7:20-8:05pm Cardio kickboxing

NOW
PROVIDING AFTER
SCHOOL PICK-UP
PLEASE ASK MR.
VILICANA FOR
DETAILS

Thursday

4:00-4:45pm TKD white thru orange/green stripe 5-13 years
4:45-5:30pm TKD all ranks 6-17 years
5:30-6:15pm Martial arts weapons
6:15-7:00pm Cardio kickboxing/get fit bootcamp

Friday

4:00-4:45pm Self-defense training (open mat)
5:00-5:45pm TKD sparring all ranks (bring your sparring gear)

Saturday

Belt Testing



