

# FLORIDA MARTIAL ARTS & FITNESS CENTER

## CLASS SCHEDULE 2021

5400 SW COLLEGE ROAD, OCALA FL 34474

352-237-1332

*Heriberto Villicana, Instructor*

### Monday

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

### Tuesday

- 4:00-4:45pm TKD all ranks 6-17 years  
4:45-5:30pm TKD green - black belt 6-13 years  
5:30-6:15pm Martial arts weapons  
6:20-7:05pm Krav Maga

### Wednesday

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

### Thursday

- 4:00-4:45pm TKD white - 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)  
5:50-6:45pm Krav Maga

### Saturday

Belt Testing -Times and dates TBD

*Tenants of  
Taekwondo*

*Modesty*

*Courtesy*

*Integrity*

*Perseverance*

*Self-Control*

*Indomitable Spirit*

