

FLORIDA MARTIAL ARTS & FITNESS CENTER---CLASS SCHEDULE---November 2018

Monday

- 4:00-4:30pm Little ninja TKD 4-6 years
- 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 6 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
- 6:15-7:00pm Self-defense training

Gym equipment area is open for fitness program members, parents of TKD, and students 13 years and up.

Monday - Friday
4:30-8:30pm

Wednesday

- 4:00-4:30pm Little ninja TKD 4-6 years
- 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

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 yellow-black belt (bring your sparring gear)
- 5:45-6:30pm TKD sparring yellow-black belt (bring your sparring gear)

Saturday

Belt Testing



