



CHALLENGE TAEKWONDO

*Please, make sure to register your email address to receive all school Notifications !

TIME	MON	TUE	WED	THU	FRI	SAT
AM 10:00 ~ 11:00	Kickboxing (Adult)		Kickboxing (Adult)		Kickboxing (Adult)	Open Class (Age 6 ~ 12) AM 10:00 ~10:45
		~ Open Mats ~				
PM 4:10 ~ 4:55	Little Tiger (age 4 ~ 7)	Children (age 8 ~ 12)	Advance	Little Tiger (age 4 ~ 7)	Children (age 8 ~ 12)	Teen Self - Defense AM 10: 50 ~11:40
PM 5:00 ~ 5:45	Sparring Open class (age 10 and under)	Little Tiger (age 4 ~ 7)	Children (age 8 ~ 12)	Advance	Little Tiger (age 4 ~ 7)	Leadership Training Staff AM 11: 50 ~ 12 : 50
PM 5:50 ~ 6:35	Children (age 8 ~ 12)	Advance	Sparring Open class (All ages)	Children (age 8 ~ 12)	Teen Self - Defense	
PM 6:40 ~ 7:30	Teen Self - Defense	Teen Self - Defense	Teen Self - Defense	All Ages Form & Breaking	Sparring (age 11 and up)	
PM 7:40 ~ 8:40	Kickboxing (age 16 and up) Open mats ~	Kickboxing (age 16 and up)	Kickboxing (age 16 and up)	Kickboxing (age 16 and up)		

● 2 nd Week of Every Month is Sparring Week. All students should bring their sparring safety gear.

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