



TIME	MON	TUE	WED	THU	FRI	SAT
Morning Classes						
9:00:AM TO 10:00						9:20 - 10:00 Little Tiger & Tiger
10:30 AM TO 11:30 AM	Private	Private	Private	Private	Private	10:00 - 10:45 Tiger & Dragon I
11:30 AM TO 1:00 PM					Absolute Positive Life Advanced	10:45 - 11:30 Dragon I, II
Children's Classes						
3: 20PM TO 4:00 PM						11:30 - 12:30 UMBS Sparring
4:20 PM TO 5:00 PM	Little Tiger	Dragon I	Little Tiger	Dragon I	Private Lesson	12:30 - 1:30 UMBS Hapki jiu-jit-su
5:00 PM TO 5:40 PM	Dragon I & Tiger	Tiger	Dragon I & Tiger	Tiger	Private Lesson	1:30 - 2:30 Introduction Class
5:40 PM TO 6:25 PM	Dragon II	Dragon II	Dragon II	Dragon II	Private Lesson	
Adult & Teen's Class						
6:30 PM TO 7:30 PM	UMBS Hap ki Jiu-jit-su	TKD Teen & Adult 50 MIN	UMBS Hap ki Jiu-jit-su	TKD Teen & Adult 50 MIN	Family Private Lesson 90 MIN	
7:30 PM TO 8:30 PM						

Little Tiger (4-5) Class develops focus, concentration, coordination & self confidence thru basic techniques & games

Tiger (6-7) Class develops discipline, self confidence & emphasizes self-control, respect for others & exercise thru basic techniques & games

Dragon I (8-13) (White - Purple Belt) Class develops endurance, concentration, coordination through foot work, kicking & punching skills while increasing self-confidence

Dragon II (8-13) (Blue Belt & Up) Class develops endurance, agility & coordination through poomsae forms & introduction to weapons

TKD Teens (13 - 18) & Adult (all Ages) Class develops agility, flexibility, confidence, self-confidence & endurance through poomsae forms, sparring & weapons practice, Hapkido & Jiu-jit-su

Hap ki Jiu-Jit-su & UMBS (15 & up) Class develops techniques to avoid contact by utilizing non-resistant movements to leverage control of your opponent

Absolute Positive Life (18 & up) Class to restore positive energy and improve your well being and health

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