

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES						
9:00 AM - 10:00 AM						9:20 - 10:00 Little Tiger & Tiger
10:30 AM - 11:30 AM	PRIVATE	PRIVATE	PRIVATE	PRIVATE	PRIVATE	10:00 - 10:45 Tiger & Dragon I, II
11:30 AM - 1:00 AM					ABSOLUTE. POSITIVE LIFE, MEDITATION	10:45 - 11:30 Sparring
CHILDREN'S CLASSES						
3:20 PM - 4:00 PM						11:30 - 12:30 Hap ki Jiu-Jit-su
4:20 PM -5:00 PM	LITTLE TIGER	TIGER	LITTLE TIGER	TIGER	PRIVATE	Family Private Lesson 90 min
5:00 PM -5:40 PM	DRAGON I	DRAGON I	DRAGON I	DRAGON I	PRIVATE	
5:40 PM - 6:25 PM	DRAGON II	DRAGON II	DRAGON II	DRAGON II	PRIVATE	
ADULT & TEEN'S CLASSES						
6:30 PM - 7:30 PM	UMBS HAP KI JIU-JIT-SU	TDK TEEN & ADULT 50 MIN	UMBS HAP KI JIU-JIT-SU	TKD TEEN & ADULT 50 MIN	FAMILY PRIVATE 90 MIN	
7:30 PM - 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 & wepaons 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

