



# 4 ELEMENTS

TAEKWONDO / MARTIAL ARTS / FITNESS STUDIO

**Tigers:** Ages 4 - 6  
**Youth:** Ages 7 - 13  
**Teens:** Under 21 years  
**Adults:** 21 years & up

**Beginner:** White - Yellow  
**Intermediate:** Orange - Blue  
**Advanced:** Purple - Brown



## Class Schedule

Effective: September 19, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:45PM - 4:30PM After School Program	3:45PM - 4:30PM After School Program	3:45PM - 4:30PM After School Program	3:45PM - 4:30PM After School Program	3:45PM - 4:30PM After School Program	9:30AM - 10:15AM Tigers (All Belts)
4:35PM - 5:20PM Tigers (All Belts)	4:35PM - 5:25PM Youth Beginner (White - Yellow)	4:35PM - 5:20PM Tigers (All Belts)	4:35PM - 5:25PM Youth Beginner (White - Yellow)	4:35PM - 5:20PM Leadership Program	10:20AM - 11:10AM Youth Beginner (White - Yellow)
5:25PM - 6:15PM Youth Beginner (White - Yellow)	5:30PM - 6:15PM Tigers (All Belts)	5:25PM - 6:15PM Youth Beginner (White - Yellow)	5:30PM - 6:15PM Tigers (All Belts)	5:25PM - 6:10PM Tigers (All Belts)	11:15AM - 12:05PM Youth Int./Teens (All Belts)
6:20PM - 7:10PM Youth Intermediate (Orange & up)	6:20PM - 7:10PM Youth Intermediate (Orange & up)	6:20PM - 7:10PM Youth Intermediate (Orange & up)	6:20PM - 7:10PM Youth Intermediate (Orange & up)	6:15PM - 7:05PM All Level Youth (All Belts)	12:10PM - 1:15PM Sparring
7:15PM - 8:15PM Teens / Adults (All Belts)	7:15PM - 8:15PM Teens / Adults (All Belts)	7:15PM - 8:15PM Teens / Adults (All Belts)	7:15PM - 8:15PM Teens / Adults (All Belts)	7:10PM - 8:10PM Teens / Adults (All Belts)	



Are you new to Martial Arts? Call us today for your FREE Introductory Class!