



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 (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)	6:20PM - 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)	1:30PM - 2:30PM Poomsae

All Programs require minimum TWICE weekly training, except for Tiger Program. No Exceptions!
 Tigers: Ages 4-6

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