



# 4 ELEMENTS

TAEKWONDO / MARTIAL ARTS / FITNESS STUDIO

**Tigers:** Ages 4 - 6  
**Youth:** Ages 7 - 13  
**Teens:** Under 21 years  
**Adults:** 21 years & Up  
**Jiu-Jitsu:** 16 years & Up

**Tigers:** All Belts  
**Beginner:** White - Orange  
**Intermediate:** Green & Blue  
**Advanced:** Red & Purple  
**Black Belt Club:** Brown & Up

## Class Schedule | Effective October 15th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30PM - 4:15PM After School Program	3:30PM - 4:15PM After School Program	3:30PM - 4:15PM After School Program	3:30PM - 4:15PM After School Program	3:30PM - 4:15PM After School Program	10:00AM - 10:50AM Make-Up Class
4:15PM - 5:00PM Tigers	4:15PM - 5:00PM Tigers	4:15PM - 5:00PM Tigers	4:15PM - 5:00PM Tigers	4:15PM - 5:00PM Leadership	<b>Mat 2</b> 10:30AM - 11:30AM Jiu-Jitsu(Fundamentals)
5:00PM - 5:50PM Youth Beginner	5:00PM - 5:45PM Youth Intermediate	5:00PM - 5:45PM Youth Beginner	5:00PM - 5:45PM Youth Intermediate	5:00PM - 5:45PM Tigers	10:50AM - 11:35AM Tigers
5:50PM - 6:40PM Youth Intermediate	5:45PM - 6:30PM Youth Beginner	5:45PM - 6:30PM Youth Intermediate	5:45PM - 6:30PM Youth Beginner	5:45PM - 6:35PM All Youth	<b>Mat 2</b> 11:30AM - 12:30PM Jiu-Jitsu (All Levels)
6:40PM - 7:30PM Youth Advanced	6:30PM - 7:15PM Youth Advanced	6:30PM - 7:15PM Youth Advanced	6:30PM - 7:15PM Youth Advanced	6:40PM - 7:40PM Sparring	11:35AM - 12:25PM All Youth
7:30PM - 8:30PM Teens/Adults	<b>Mat 2</b> 6:30PM - 7:30PM Jiu-Jitsu (All Levels)	7:30PM - 8:30PM Teens/Adults	7:15PM - 8:00PM Black Belt Club	<b>Mat 2</b> 6:30PM - 7:30PM Jiu-Jitsu (All Levels)	12:25PM - 1:30PM Poomsae
	7:15PM - 8:00PM Black Belt Club		8:00PM - 9:00PM Teens & Adults	7:40PM - 8:40PM Teens & Adults	
	8:00PM - 9:00PM Teens & Adults				



All Programs require minimum TWICE weekly training, except for the Jiu-Jitsu and Tigers Program (Ages 4-6)

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