

Fall Class Schedule

Higher Belts Testing Must be Approved & Scheduled by Main Instructors
Students Should Arrive 10 Minutes Prior to Class Time to Warm-Up for Class

After School TKD program Mon thru Fri 3:00 - 6:00 pm ~ TKD class 4:15 - 5:00 Transportation Provided Call for Details						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Little Champs TaeKwonDo 5:00 - 5:30pm (4-6 yr olds)	Little Champs TaeKwonDo 5:00 - 5:30pm (4-6 yr olds)	Little Champs TaeKwonDo 5:00 - 5:30pm (4-6 yr olds)	Little Champs TaeKwonDo 5:00 - 5:30pm (4-6 yr olds)		Forms Class Basic Skills 10:45 - 11:35am (5 yrs & above)	
TaeKwonDo 5:35 - 6:20pm		TaeKwonDo 5:35 - 6:20pm		Sparring Class 5:00 - 6:00pm		
	Basic/Advanced Brazilian Jiu Jitsu 5:30 - 7:00pm (13 yrs old and younger)		Basic/Advanced Brazilian Jiu Jitsu 5:30 - 7:00pm (13 yrs old and younger)		Boxing 1:00 - 3:00pm	Private lessons Available Call to schedule
Mixed Martial Arts (MMA) Class 6:00 - 7:10pm (12 yrs old & up)		Mixed Martial Arts (MMA) Class 6:00 - 7:10pm (12 yrs old & up)				
Boxing 7:15 - 8:00pm	Brazilian Jiu Jitsu 7:00 - 9:00pm (Adults)	Boxing 7:15 - 8:00pm	Brazilian Jiu Jitsu 7:00 - 9:00pm (Adults)		BJJ at Bristol Location 12:00pm - 2:00pm (Confirm Class time with Bob)	
				Basic TaeKwonDo (White - Green Stripe Belts) Advanced TaeKwonDo (Green - Black Belts)		

School Closing Dates – 2023/2024	
After School Program's Spring Break	(Mon-Sat) 4/3 - 4/9/23
Tournament	(Date needs to be confirmed)
Memorial Day	(Sat-Mon) 5/27 - 5/29/23
July 4th	(Sat-Sat) 7/1 - 7/9/23
Labor Day	(Sat-Sat) 9/2 - 9/9/23
Halloween (TKD Classes)	(Tues) 10/31/23
Thanksgiving	(Wed-Sat) 11/22 - 11/26/23
Christmas / Winter Break	(Sat-Wed) 12/23/23 - 1/3/24