




# Schedule for October 1, 2019 to June 26, 2020

## NIAGARA FALLS LOCATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
First week of every month is sparring week. Please bring your equipment to your classes. (Yellow Belt and up)					
	Ladies Fitness Kickboxing 13 and up 9:15 – 10:00 am		Ladies Fitness Kickboxing 13 and up 9:15 – 10:00 am		Little Tigers Ages 4 9:15 – 9:55 am
			Little Tigers Age 4 10:00 – 10:40 am		Family Class 9:55 – 10:40 am
					Kids & Juniors Class Age 4 to 12 10:40 – 11:25 am
TKD After School Pick Up Program 3 – 6 pm					Private Lessons Available in the Afternoon
Juniors & After School TKD Age 7 to 12 4:00 – 4:45 pm	Juniors & After School TKD Age 7 to 12 4:00 – 4:45 pm	Juniors & After School TKD Age 7 to 12 4:00 – 4:45 pm	Juniors & After School TKD Age 7 to 12 4:00 – 4:45 pm	Juniors & After School TKD Age 7 to 12 4:00 – 4:45 pm	
Juniors Class Age 7 to 12 4:45 – 5:30 pm	<b>NEW!</b> Kids Class Age 4 to 6 4:45 – 5:30 pm	Kids Class Age 4 to 6 4:45 – 5:30 pm	<b>NEW!</b> Kids Class Age 4 to 6 4:45 – 5:30 pm	Kids Class Age 4 to 6 4:45 – 5:30 pm	Birthday Party Available in the Afternoon (Reserve early to secure the date and time!)
Kids Class Age 4 to 6 5:30 – 6:15 pm	Juniors Class Age 7 to 12 5:30 – 6:15 pm	Junior Class Age 7 to 12 5:30 – 6:15 pm	Kids Class Age 4 to 6 5:30 – 6:15 pm	Junior Class Age 7 to 12 5:30 – 6:15 pm	
Juniors Class Age 7 to 12 6:15 – 7:00 pm	Kids Class Age 4 to 6 6:15 – 7:00 pm	Family Class 6:15 – 7:00 pm	Juniors Class Age 7 to 12 6:15 – 7:00 pm	Kids & Juniors Sparring Class Yellow Belt and up Age 4 to 12 6:15 – 7:00 pm	
Teens & Adults Class Age 13 and up 7:00 – 7:50 pm	Teens & Adults Class Age 13 and up 7:00 – 7:50 pm	Teens & Adults Class Age 13 and up 7:00 – 7:50 pm	Teens & Adults Class Age 13 and up 7:00 – 7:50 pm	Teens & Adults Sparring Class Yellow Belt and up Age 13 and up 7:00 – 7:50 pm	
Private Lesson by Appointment 7:50 – 8:30 pm	Ladies Fitness Kickboxing Age 13 and up 7:50 – 8:40 pm	<b>NEW!</b> Ladies Fitness Kickboxing Age 13 and up 7:50 – 8:40 pm	Ladies Fitness Kickboxing Age 13 and up 7:50 – 8:40 pm	Private Lesson by Appointment 7:50 – 8:30 pm	

\*Your regular membership includes two classes per week, on different days. Attending to two classes in one day is not allowed unless you have upcoming testing or tournament.





\*We are closed on statutory holidays. Also classes may be cancelled due to weather conditions.

\*No reimbursement or extensions are available for absence or vacations.

\*Schedule is subject to change without a notice.

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