

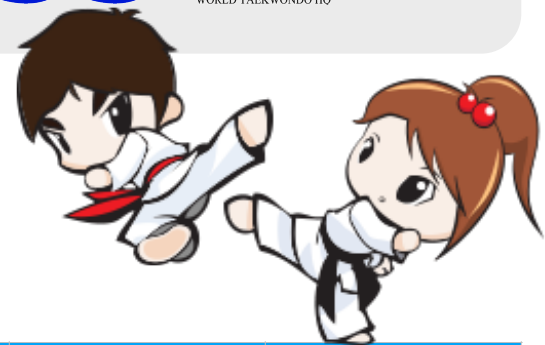
TKD WELLNESS

2019 SCHEDULE



Courtesy | Perseverance | Indomitable Spirit | Self Control | Integrity

- Bring clean uniform, belt & water to every class.
- Arrive 5-10 minutes to class to sign in on tablet and be ready to start class.
- Standard membership includes unlimited classes per week, Monday-Saturday.
- Team classes: Competition Team; Poomsae Team are available at an extra rate per month.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	4:30pm-5:30pm Kids Class		4:30pm-5:30pm Kids Class		9:00am-10:00am Competition Team
5:30pm-6:30pm Family Class	5:30pm-6:00pm Competition Team	No Class	5:30pm-6:00pm Competition Team	No Class	10:00am-11:00am Family Class
	6:00pm-7:00pm Teens/Adults		6:00pm-7:00pm Teens/Adults		

FAMILY CLASS: 7-12 YRS OLD & PARENTS

TEENS: 13-17 YRS OLD

ADULTS: 18 YRS OLD

Annual Camps & Seminars

Self Defense Seminar Saturday, August 3, 2019
Poomsae Seminar Saturday, November 2, 2019

2019 Tournament Dates

AAU Championships, Glendale, AZ, Saturday, February 23, 2019
USAT AZ Championships, Chandler, AZ, Saturday, February 9, 2019
USAT Nationals, Minneapolis, MN, June 28 - July 4, 2019

2019 Holiday Closures

Memorial Day Monday, May 27, 2019
4th of July Thursday, July 4, 2019
Labor Day Monday, September 2, 2019
Thanksgiving Day Thursday, November 28, 2019
Christmas Eve Tuesday, December 24, 2019
New Year's Eve Tuesday, December 31, 2019

2019 Promotion Test Dates

Saturday, April 6, 2019 @ 10-11:30am
Saturday, July 13, 2019 @ 10-11:30am
Saturday, October 5, 2019 @ 10-11:30am
Saturday, December 21, 2019 @ 10-11:30am



tkdwellness.com

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