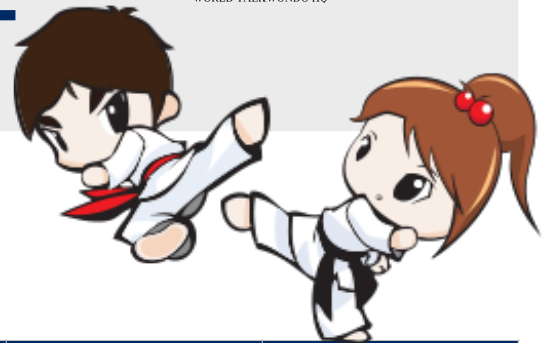




2019 SCHEDULE



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 TKD		4:30pm-5:30pm Kids TKD		9:00am-10:00am Kids TKD
5:30pm-6:30pm All Ages TKD	5:30pm-6:00pm Team Conditioning	5:30pm-6:30pm All Ages TKD	5:30pm-6:00pm Team Conditioning	No Class	10:00am-11:00am Team Sparring
	6:00pm-7:00pm Teens/Adults TKD		6:00pm-7:00pm Teens/Adults TKD		11:00am-12:00am Teens/Adults TKD

ALL AGES TKD: 7+

KIDS TKD: 7-12 YRS OLD

TEENS/ADULTS: 13+ YRS OLD

Annual Camps & Seminars

Poomsae Seminar Saturday, November 2, 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 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 Promotion Test Dates

Saturday, April 6, 2019 @ 10-11:30am
 Saturday, July 13, 2019 @ 10-11:30am
 Saturday, October 5, 2019 @ 09-12:00am
 Saturday, December 21, 2019 @ 09-12:00am

