



DYNAMICS MARTIAL ARTS CENTER

Tae Kwon Do - Brazilian Jiu-Jitsu - Kung Fu

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Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
4:30 - 5:00 pm	Private lessons (upon request)	TKD Little Ninjas (ages 3 and 4)	Private lessons (upon request)	TKD Little Ninjas (ages 3 and 4)	TKD Weapons Class (yellow belt and up, ages 6 and up) 5:15
5:00 - 5:45 pm	TKD Weapons Class (ages 6 and up) 5:15	TKD Kids Class (ages 5 -12)	TKD Demo Team/XMA Practice (Invitation only)	TKD Kids Class (ages 5 -12)	TKD Family Class (ages 5 and up)
6:00 -7:00 pm	TKD Family Class (ages 5 and up)	TKD Advanced Class (Blue Belt and Higher)	TKD Family Class (ages 5 and up)	TKD Advanced Class (Blue Belt and Higher)	TKD Friday Night Fights/ Conditioning (Invitation Only)
7:00 -7:45 pm	Kung Fu	Adult Class (ages 10 and up)	Stretching/Weight Training (extra cost, ages 11 and up)	Adult Class (ages 10 and up)	Kung Fu
7:45 - 9:00 pm	Kung Fu	Brazilian Jiu-Jitsu	Private lessons (upon request)	Brazilian Jiu-Jitsu	Kung Fu

Special class information

1. Must purchase sparring gear and conditioning gloves in order to attend Friday Night Fight/Conditioning Class
2. Stretching Weight Training Class is an additional \$1 for students already enrolled in TKD or BJJ, non-students pay \$5/class
3. Weapons class requires the purchase of practice weapons