

HAMILTON-FAIRFIELD TAEKWONDO WEEKLY SCHEDULE

| TIME | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------|--|---|---|---------------------------------------|--|---------------------------------|--|
| 1 | | Morning Taekwondo 10:15 am | | Morning Taekwondo 10:15 am | | | Cardio Kickboxing 9:00 am |
| 2 | Birthday Parties available call to schedule 829-0888 | Taekwondo for Homeschooler's/ hybrid school day 2:00 -2:50 pm | Taekwondo for Homeschooler's/ hybrid school day 2:00 -2:50 pm | | Taekwondo for Homeschooler's/ hybrid school day 2:00-2:50 pm | | Little Dragons (3-5 yrs old) 10:00 -10:30 am |
| 3 | | | Little Dragons (3-5yrs old) 4:30-5:00 pm | | Little Dragons (3-5 yrs old) 4:30-5:00 | Judo 5:00-6:00pm | Taekwondo Jrs. 10:30 to 11:15 AM |
| 4 | | JRs. Taekwondo 4:50 to 5:35 | Jrs Taekwondo 5:00 to 5:45 pm | Jrs Taekwondo 4:50 to 5:30 pm | Jrs. Taekwondo 5:00 to 5:45 pm | Cardio-Fit Kickboxing 5:30-6:15 | Advanced Classical Weapons 10:30-11:15 (2nd room) |
| 5 | | Cardio Fit Kickboxing 5:45-6:30 pm | Little Dragons 5:45-6:15 pm | Jrs Sparring 5:30 to 6:20 pm | Little Dragons 5:45 -6:15 pm | Jrs Sparring 6:15 -7:15 | Taekwondo Jrs. Int. and Adv. 11:15 -12:00 pm |
| 6 | | Family Class Taekwondo 6:30-7:30 pm | Jrs Taekwondo 6:15 to 7:00 pm | Cardio Fit Kickboxing 6:30 to 7:15 pm | Family Class (Jrs. and Adults) 6:15 to 7:00 pm | | Beginner Classical Weapons 11:15-12:00 (2nd room) |
| 7 | | | Adult/ Teenage Taekwondo 7:00 to 8:00 pm | Classical Weapons 6:30 to 7:20 pm | Adult / Teenage Taekwondo 7:00 to 8:00 pm | | Family Class Taekowndo 12:00 to 12:50 pm |
| 8 | | | Cardio-Fit Kickboxing 8:00 to 8:45 pm | Adult/ Teen Sparring 7:15 to 8:10 pm | Cardio-Fit Kickboxing 8:00 to 8:45 pm | | Birthday Parties available call to schedule 829-0888 |