

## Hamilton Fairfield TaeKwonDo Martial Arts Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Birthday Parties Available Call 829-0888</b>	Morning <b>Taekwondo</b> 10:15am	<b>Taekwondo</b> for Homeschooler's/ hybrid school day 2:00 – 2:50pm	Morning <b>Taekwondo</b> 10:15am	<b>Taekwondo</b> for Homeschooler's/ hybrid school day 2:00 – 2:50pm	<b>Judo</b> 5:00 – 6:00pm	<b>Cardio-Fit Kickboxing</b> 9:00 – 9:45pm
	<b>Taekwondo</b> for Homeschooler's/ hybrid school day 2:00 – 2:50pm	<b>Little Dragons</b> (3-5 Years Old) 4:30 – 5:00pm	Jrs. <b>Taekwondo</b> 4:50 – 5:30pm	<b>Little Dragons</b> (3-5 Years Old) 4:30 – 5:00pm	<b>Cardio-Fit Kickboxing</b> 5:30 – 6:15pm	<b>Little Dragons</b> (3-5 Years Old) 10:00 – 10:30am
	Jr's <b>Taekwondo</b> 4:50pm – 6:30pm	Jrs. <b>Taekwondo</b> 5:00 – 5:45pm	Jrs. <b>Sparring</b> 5:30 – 6:20pm	Jrs. <b>Taekwondo</b> 5:00 – 5:45pm	Jrs. <b>Sparring</b> 6:15 – 7:15pm	Jrs. <b>Taekwondo</b> 10:30 – 11:15am
	<b>Cardio-Fit Kickboxing</b> 5:45 – 6:30pm	<b>Little Dragons</b> (3-5 Years Old) 5:45 – 6:15pm	<b>Judo</b> 5:00 – 6:00pm	<b>Little Dragons</b> (3-5 Years Old) 5:45 – 6:15pm		<b>Advanced Classical Weapons</b> 10:30 – 11:15am
	Family Class <b>Taekwondo</b> 6:30 – 7:30pm	Jrs. <b>Taekwondo</b> 6:15 – 7:00pm	<b>Cardio-Fit Kickboxing</b> 6:30 – 7:15pm	Family/Jrs. Class <b>Taekwondo</b> 6:15 – 7:00pm		Jrs. <b>Taekwondo</b> Int. and Adv. 11:15 – 12:00pm
	<b>Filipino Martial Arts</b> 7:30 – 8:30pm	Adults/Teens <b>Taekwondo</b> 7:00 – 8:00pm	<b>Classical Weapons</b> 6:30 – 7:20pm	Adult/Teenage <b>Taekwondo</b> 7:00 – 8:00pm		Beginners <b>Classical Weapons</b> 11:15 – 12:0pm
		<b>Cardio-Fit Kickboxing</b> 8:00 – 8:45pm	Adult/Teen <b>Sparring</b> 7:15 – 8:10pm	<b>Cardio-Fit Kickboxing</b> 8:00 – 8:45pm		Family Class <b>Taekwondo</b> 12:00 – 12:50pm
						<b>Birthday Parties Available Call 829-0888</b>