



Try a Class for FREE!



March 2012 Class Schedule

Little Warriors ▶	Ages 3 - 5	Adults ▶	Ages 13 - 110
Children ▶	Ages 6 - 12	Advanced ▶	Green Belts and Up!
Teen ▶	Ages 11 - 18	Family/Open ▶	Everyone!

Class Duration	Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 min.	Little Warriors Ages 3 - 5	4:00p or 5:30p	4:00p or 5:30p	4:00p or 5:30p	4:00p or 5:30p	5:30p	10:30a
45min.	Children Beginners White - Orange	4:30p or 6:00p	No 4:30 class 6:00p	4:30p or 6:00p	No 4:30 class 6:00p	6:00p	9:00a
45min.	Children Adv. Green Belts & up	6:45p	4:30p or 6:45p	6:45p	4:30p or 6:45p	6:45p	9:45a
60 min.	Teens & Adults White - Black Belts Tae Kwon Do	7:30p	7:30p	7:30p	7:30p	7:30p	
45 min.	Family Class Ages 6 - Adult			6:00p			9:00a
45 min.	Special Needs			3:30p			
45 min.	Black Belt Club (members only)						11:00a
60 min	BJJ / GI		7:30p		7:30p	10:30a	



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*Tae Kwon Do
*Hap Ki Do
*Brazilian Jiu-jitsu



(Located just outside of Powder Springs at the intersection of Cleburne Pkwy and 278 behind the Race Trac, We are in the same shopping center as Birdie's Wings.)