

Montgomery Taekwondo Academy

(Effective September 7, 2010) Questions Call 609-430-0513

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Private Lessons	3:45 – 4:15 Little Dragons	3:45 – 4:15 Kinder Kicks	3:45 – 4:15 Little Dragons	Private Lessons	9:00 – 10:00 Teen & Adults All Ranks
3:45 – 4:15 Kinder Kicks	4:15 – 5:00 Green – Red (sparring class)	4:15 – 5:00 White Belts	4:15 – 5:00 Green – Sr. Blue	Private Lessons	10:00 – 11:00 Full Contact Fighting
4:15 – 5:00 White - Sr. Yellow	5:00 – 5:45 Yellow & Sr. Yellow	5:00 – 5:45 Green – Sr. Blue	5:00 – 5:45 Yellow & Sr. Yellow	4:45 – 5:30 White – Sr. Yellow	11:00 – 11:45 Green – Sr. Blue
5:00 – 5:45 Brown - Red	5:45 – 6:30 White Belts	5:45 – 6:30 Yellow & Sr. Yellow	5:45 – 6:30 White Belts	5:30 – 6:15 Green – Sr. Blue	11:45 – 12:30 Brown & Above
5:45 – 6:30 Sr. Red & Black	6:30 – 7:00 Black Belt Club A	6:30 – 7:15 Brown and Up	6:30 – 7:15 Brown – Sr. Red	6:15 – 7:00 Brown & above	12:30 – 1:15 White – Sr. Yellow
6:30 – 7:15 Green – Sr. Blue	7:00 – 7:45 Black Belts	7:15 – 8:15 Adults & Teens All Ranks	7:15 – 7:45 Black Belt Club B & C	7:00 – 7:30 Instructor Class	1:15 – 1:45 Kinder Kicks & Little Dragons
7:15 – 8:15 Adults & Teen All Ranks	7:45 – 8:45 Adults & Teens All Ranks	8:15 – 9:30 Full Contact Fighting	7:45 – 8:45 Adults & Teens All Ranks	7:30 – 8:15 Teen & Adults All ranks	BirthDay Parties! 2:00 – 3:30 All inclusive!
8:30 – 9:30 Full Contact Fighting	Private Lessons	Private Lessons	Private Lessons	Private Lessons	

For closings, holidays, snow days, etc. check our site! WWW.MONTGOMERYTKD.COM

Full Contact Fighting is for ages 15 and up – no martial arts experience required