



# **K TIGERS**

## **TAEKWONDO**

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
8:45 – 9:45 AM					<b>Women's HIIT FIT</b>
9:30 – 10:30 AM	<b>Women's HIIT FIT</b>		<b>Women's HIIT FIT</b>		
10:20 -11:05 AM					<b>Little Ninjas (3-5 year old)</b>
11:20 –12:10 PM					<b>Black Belt Club</b>
4:00 – 4:45 PM Little Tigers: 4:00 – 4:40 PM	<b>Green– H-Purple</b>	<b>Little Tigers (5-8 years old) White –Orange</b>	<b>Bodan &amp; Black Belt</b>	<b>Little Tigers (5-9 years old) Green&amp; Higher</b>	
4:50 - 5:30 PM	<b>Little Tigers (5-9 years old) Green&amp; Higher</b>	<b>Little Tigers (5-9 years old) Green&amp; Higher</b>	<b>Little Tigers (5-8 years old) White –Orange</b>	<b>Little Tigers (5-8 years old) White –Orange</b>	
5:40 – 6:25 PM	<b>White -Orange</b>	<b>White - Orange</b>	<b>Red –H-Brown</b>	<b>Bodan &amp; Black Belt</b>	
6:35 – 7:20 PM	<b>Bodan &amp; Black Belt</b>	<b>Red –H-Brown</b>	<b>Green– H-Purple</b>	<b>Green– H-Purple</b>	
7:30 – 8:15 PM	<b>Red –H-Brown</b>	<b>Demo Team</b>	<b>7:30 – 8:30 PM Women's HIIT FIT</b>	<b>White -Orange</b>	

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
<b>Little Ninjas</b> (3-5 years old)					<b>10:20 AM</b>
<b>Little Tigers</b> (White –Orange)		<b>4:00 PM</b>	<b>4:50 PM</b>	<b>4:50 PM</b>	
<b>Little Tigers</b> (Green& Higher)	<b>4:50 PM</b>	<b>4:50 PM</b>		<b>4:00 PM</b>	
<b>White–Orange</b>	<b>5:40 PM</b>	<b>5:40 PM</b>		<b>7:30 PM</b>	
<b>Green– High Purple</b>	<b>4:00 PM</b>		<b>6:35 PM</b>	<b>6:35 PM</b>	
<b>Red– H-Brown</b>	<b>7:30 PM</b>	<b>6:35 PM</b>	<b>5:40 PM</b>		
<b>Bodan &amp; Black Belt</b>	<b>6:35 PM</b>		<b>4:00 PM</b>	<b>5:40 PM</b>	
<b>Women’s HIIT FIT</b>	<b>9:30 AM</b>		<b>9:30 AM</b> <b>7:30 PM</b>		<b>8:45 AM</b>
<b>Black Belt Club</b>					<b>11:20 AM</b>