



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45AM-6:30AM TKD Fit		5:45AM-6:30AM TKD Fit	5:45AM-6:30AM TKD Fit		
					11:00am-12:30pm CST	
6:00pm-6:55pm TKD Fit	6:00pm-6:30pm TKD Kids	6:00pm-6:55pm TKD Fit	6:00pm-6:30pm TKD Kids	6:00pm-7:30pm CST		Closed
7:00pm-8:00pm Children	6:35pm-7:15pm Beginners White - Green	7:00pm-8:00pm Children	6:35pm-7:15pm Beginners White - Green		Birthday Parties Available	
7:00pm-8:00pm Adult/Teen	7:20pm-8:10pm Advanced Blue stripe +	7:00pm-8:00pm Adult/Teen	7:20pm-8:10pm Advanced Blue stripe +			
	8:15pm-9:15pm Jr. CST & CST		8:15pm-9:15pm CST		Main Dojang	Second Dojang

Contact Master Ben for more details 403-340-9150

TKD Fit: Adult	Jr CST	1X/week
TKD Kids: 4yrs - 9yrs	CST	Min 3X/week
Children: 8yrs - 12yrs	CST - Champion Sparring Team	
Adult/Teen: 13 +	Jr CST & CST Invite Only	