



# METRO PERFORMANCE TAEKWONDO STUDIO

[www.metrotkdstudios.com](http://www.metrotkdstudios.com)

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Schedule effective Jan 1, 2023

| Monday                                                                                | Tuesday                                                  | Wednesday                                             | Thursday                                                 | Friday                                                | Saturday                                       | Sunday                                                 |
|---------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------|------------------------------------------------|--------------------------------------------------------|
| PRIVATE LESSONS - See below for lesson rates and packages *** By appointment only *** |                                                          |                                                       |                                                          |                                                       | Lil Ninjas<br>All Levels<br>10 - 10:45am       | Lil Ninjas<br>All Levels<br>10 - 10:45am               |
| Lil Ninjas<br>White - Green<br>3:30 - 4:15pm                                          | Lil Ninjas<br>Blue Stripe - Black<br>3:30 - 4:15pm       | Lil Ninjas<br>White - Green<br>3:30 - 4:15pm          | Lil Ninjas<br>Blue Stripe - Black<br>3:30 - 4:15pm       | Lil Ninjas<br>All Levels<br>3:30 - 4:15pm             | Junior Mixed<br>All Levels<br>10:45 - 11:30am  | Junior<br>Beginners<br>10:45 - 11:30am                 |
| Lil Ninjas<br>Blue Stripe - Black<br>4:15 - 5pm                                       | Lil Ninjas<br>White - Green<br>4:15 - 5pm                | Lil Ninjas<br>Blue Stripe - Black<br>4:15 - 5pm       | Lil Ninjas<br>White - Green<br>4:15 - 5pm                | Lil Ninjas<br>All Levels<br>4:15 - 5pm                | Childrens BJJ<br>All Levels<br>11:30 - 12:15pm | Poomse Class<br>Junior - All Levels<br>11:30 - 12:15pm |
| Junior Int / Adv<br>Blue Stripe - Black<br>5 - 5:45pm                                 | Junior Beginner<br>White - Green<br>5 - 5:45pm           | Junior Int / Adv<br>Blue Stripe - Black<br>5 - 5:45pm | Junior Beginner<br>White - Green<br>5 - 5:45pm           | Junior Int / Adv<br>Blue stripe - Black<br>5 - 5:45pm | Adult BJJ<br>All Levels<br>12:15 - 1pm         |                                                        |
| Junior Beginner<br>White - Green<br>5:45 - 6:30pm                                     | Junior Int / Adv<br>Blue Stripe - Black<br>5:45 - 6:30pm | Junior Beginner<br>White - Green<br>5:45 - 6:30pm     | Junior Int / Adv<br>Blue Stripe - Black<br>5:45 - 6:30pm | Junior All Levels<br>Sparring<br>5:45 - 6:45pm        |                                                |                                                        |
| Childrens BJJ<br>6:30 - 7:10pm                                                        | Childrens BJJ<br>6:30 - 7:10pm                           | Lil Ninjas<br>6:30 - 7:10pm                           | Childrens BJJ<br>6:30 - 7:10pm                           | Adult BJJ<br>6:45pm - 7:45pm                          |                                                |                                                        |
| Teen / Adult BJJ<br>No Gi<br>7:10 - 8pm                                               | Teen / Adult<br>Taekwondo All Levels<br>7:10 - 8pm       | Teen / Adult<br>Taekwondo All Levels<br>7:10 - 8pm    | Teen / Adult<br>Taekwondo All Levels<br>7:10 - 8pm       |                                                       |                                                |                                                        |
| Adult BJJ<br>All Levels<br>8:00 - 9pm                                                 | Adult Taekwondo 20+<br>All Levels<br>8:10 - 9pm          | Adult BJJ<br>All Levels<br>8:00 - 9pm                 | Adult Taekwondo 20+<br>All Levels<br>8:10 - 9pm          |                                                       |                                                |                                                        |

\*\*\* BJJ, Fitness Kickboxing and Sparring classes require personal equipment

\*\*\* Make up classes need to be scheduled in advance via email

\*\*\* Lesson rate are \$85 per hr / \$65 per 1/2 hr / 5 session packs \$300 (1/2 hr)

\*\*\* Lil Ninjas 4-7, Lil Ninjas Adv 8 - 12, Juniors 8 - 12, Teen / Adult 13 - 30

