

# NEW SCHEDULE EFFECTIVE MONDAY 9/21/20

16215 SW 88 ST Miami, Fl. 33196  
305-386-7833

## TAE KWON DO CLASSES

LITTLE DRAGONS AND MIGHTY NINJA PROGRAM	
AGES 4 - 6	6:20 PM - 6:50 PM MON - THURS

TAE KWON DO UNDERBELTS / WHITE - BROWN BELT	
AGES 7 & UP	5:30 PM - 6:10 PM MON - THURS

TAE KWON DO SR. BROWN / BLACK BELTS	
AGES 10 - UP	6:50 PM - 7:30 PM MON - THURS

FRIDAY CLASS AND PARENT PROGRAM	
<b><i>KICKNASTICS: 5:20 - 6:00PM (Black Belt Club ONLY)</i></b> <i>What is Kicknastics? A mix of gymnastics and martial arts skills. Ex: cartwheels, jump kicks, and xplosive forms for performance training.</i>	
<b><i>TAE KWON DO FITNESS: 6:00 - 6:45 PM (Adults ONLY)</i></b> <i>What is Tae Kwon Do Fitness? A mix of cardio exercises, stress relief drills, and self-defense skills. No belts, no uniform. Just working out!</i>	

## ONLINE CLASSES

NOTE: ONLINE CLASS TIMES ARE THE SAME AS THE REGULAR CLASSES. LOG IN WILL BE REQUIRED. CLASSES ARE HELD VIA ZOOM APP.

5:30 - 6:10PM: AGES 7 & Up White - Brown Belts / 490-222-637
6:20 - 6:50PM: AGES 4-6YRS / 169-921-345
6:50 - 7:30PM: SR. BROWN & BLACK BELTS ONLY / 589-789-456

## BACK TO SCHOOL CAMP AND AFTER SCHOOL

- ✓ 7:30AM - 6:30PM (Full Day)
- ✓ 2PM - 6:30PM (After School)
- ✓ Safe Learning Environment
- ✓ Social Distance Learning
- ✓ Individual Workstation
- ✓ Tae Kwon Do Classes
- ✓ Group Games & Activities

*For information on our camp and(or) After school rates, please ask at the front desk.*

**NOTE: THIS SCHEDULE IS TEMPORARY AND SUBJECT TO CHANGE DUE TO THE PANDEMIC.**

