CHOE'S HAP KI DO

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHILDREN CLASS							
All Ranks	_	5:30p-6:25p	_	5:30-6:25p	_	10a-10:55a	_
All Ranks	6p- 6:55p	6:30p-7:25p	6p- 6:55p	6:30-7:25p	_	11a-11:55a	_
Little Ninja's (3 & 4 Yrs. Old)	_	_	_	_	_	9:10a-9:50a	_
FAMILY CLASS							
All Ranks	_	_	_	_	_	12p-12:55p	_
ADULT CLASS (15 yrs and up)							
All Ranks	_	7:30-8:25p	_	7:30-8:25p	_	12p-12:55p	_
KICKBOXING (15 yrs and up)							
						8a-9a	
	7p-8p	_	7p-8p	_			_
Health and Wellness Class							
Women's Self Defense	By Appointment please call to schedule						
Personal Training & Wellness Class	By Appointment please call to schedule						
BIRTHDAY PARTIES	Call to schedule					2:30p-4:30/5p by apt	By apt

* Class will be canceled for major tournaments, holidays, belt tests, and other events. If there are any schedule concerns, please contact the office.

* You should arrive 10-15 minutes prior to class for personal warm-up. Please prepare for class quietly in warm-up area. If it is your first time to the school please come to the office and an instructor will help you

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