

- All Students Should Arrive At Least 15 Minutes Prior To The Start Of Class
- Cleaning / Sterilizing Will Be Done During The 15 Minutes Between All Classes
 - All Students Should Arrive Fully Prepared To Take Class
- All Taekwondo Classes Will Be Virtual As Well



CLASS SCHEDULE

**367 5th Avenue
Brooklyn, New York 11215**

Phone 1-929-298-0111

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

CLOSED

		9:00am - 9:45am Women's Cardio / Self Defense Floor A		9:00am - 9:45am Women's Cardio / Self Defense Floor A		9:00am - 9:45am Taekwondo Teen/Adult Floor A
	4:15pm - 5:00pm Taekwondo Junior Mambas (6 - 10 yrs) Floor A	4:30pm - 5:00pm Taekwondo Baby Mambas (3 - 5 yrs) Floor A	4:15pm - 5:00pm Jiu Jitsu Junior Mambas (6 - 10 yrs) Floor A	4:30pm - 5:00pm Taekwondo Baby Mambas (3 - 5 yrs) Floor A		10:00am - 10:30am Taekwondo Baby Mambas (3 - 5 yrs) Floor A
	5:15pm - 6:00pm Taekwondo Teens (11 - 14 yrs) Floor A	5:15pm - 6:00pm Taekwondo Junior Mambas (6 - 10 yrs) Floor A		5:15pm - 6:00pm Taekwondo Junior Mambas (6 - 10 yrs) Floor A		10:45am - 11:30am Demo Team Floor A
	5:15pm - 6:00pm Jiu Jitsu Junior Mambas (6 - 10 yrs) Floor B		5:15pm - 6:00pm Jiu Jitsu Teens (11 - 14 yrs) Floor A			11:45am - 12:30pm Taekwondo Junior Mambas (6 - 10 yrs) Floor A
	6:15pm - 7:00pm Jiu Jitsu Teens (11 - 14 yrs) Floor A		6:15pm - 7:00pm Jiu Jitsu (No GI) Teen/Adult Floor A			
	6:15pm - 7:00pm Taekwondo Family Class Floor B	6:15pm - 7:00pm Taekwondo Family Class Floor A		6:15pm - 7:00pm Taekwondo Family Class Floor A		
	7:15pm - 8:15pm Jiu Jitsu Teen/Adult Floor A	7:15pm - 8:15pm Taekwondo Teen/Adult Floor A	7:15pm - 8:15pm Jiu Jitsu Adult (Open Mat Invitational) Floor A	7:15pm - 8:15pm Taekwondo Teen/Adult Floor A		

SPECIAL EVENTS