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| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday**  | **Wednesday** | **Thursday** | **Friday**  | **Saturday** | **Sunday** |
| **Private lessons are available from 3-6pm**(by appointment only) | **Private lessons are available from 1-5pm**(by appointment only) | **Private lessons are available from 1-5pm**(by appointment only) | **Private lessons are available from 1-5pm**(by appointment only) | **Private lessons are available from 3-6pm**(by appointment only) | Black Belt Training10am-11am |  |
| Kumdo Class 11am-12pm | **Private lessons are available from 1-5pm****(by appointment only)** |
| Family TKD Sparring Class5-6pm | Family TKD Class5-6pm | Family TKD Class5-6pm | Family TKD Class 12-1pm |
| Tiny TKD Class6-6:45pm | Tiny TKD Sparring Class6-6:45pm | Tiny TKD Class6-6:45pm | Tiny TKD and Kids TKD Class6-6:45pm | Tiny TKD Sparring Class6-6:45pm | Advanced TKD Class 1-2pm |
| Kids TKD Class 6:45-7:45pm | Kids TKD Sparring Class6:45-7:45pm | Kids TKD Class 6:45-7:45pm | Family TKD Class 6:45-7:45pm | Kids TKD Sparring Class 6:45-7:45pm | **Private lessons are available from 2-5pm****(by appointment only)** |
| Teen and Adult TKD Class7:45-8:45pm | Teen and Adult Sparring Class 7:45-8:45pm | Teen and Adult TKD Class7:45-8:45pm | Advanced and Adult TKD7:45-8:45pm | Teen and Adult Sparring Class 7:45-8:45pm |

**OUR STUDENT CREED IS:**

*The Student Creed is a code that we, and our students are expected to live by. The Creed emphasizes discipline, respect, honor, humility, and compassion.*

*The Student Creed is a code that we, and our students are expected to live by. The Creed emphasizes discipline, respect, honor, humility, and compassion.*

1. I will honor and respect my parents and all those things involved in my life.
2. I will be positive in the face of difficult times.
3. I will pursue a healthy self-discipline of mind and body.
4. I will be humble in my accomplishments.
5. I will be strength to those less fortunate.
6. I will only use my skills in defense of myself or others, never to be abusive or offensive.
7. I will always do my best.
8. I will always focus.
9. I will never give up.
10. I will uphold justice.
11. I will be courageous.
12. I will always work harder.