

# SPRING/SUMMER CLASS SCHEDULE



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 AM						
9:00 - 10:00 AM					<b>Family Class</b>	
10:00 - 11:00 AM	<b>HQ Fit</b> Adults			<b>Tone &amp; Play</b> Mums & toddlers	Parent & Child	
11:00 - 12:00 PM		<b>Home Ed Class</b> 5-12 yrs				
12:00 - 1:00 PM						
1:00 - 2:00 PM			<b>Muay Thai</b> Adults			
2:00 - 3:00 PM						
3:00 - 4:00 PM						
4:00 - 5:00 PM		<b>Tang Soo Do</b> 4-6 yrs	<b>Sport Karate</b> 4-6 yrs			
5:00 - 6:00 PM		<b>Tang Soo Do</b> 7-15 yrs	<b>Thai Boxing</b> 8-12 yrs	<b>Sport Karate</b> 7-15 yrs		
6:00 - 7:00 PM	<b>Weapons Class</b> 8 yrs +	<b>Thai Boxing</b> 12-16 years	<b>Boxing</b> 8 - 14 yrs	<b>Sport Karate</b> Adults		
7:00 - 8:00 PM	<b>Tang Soo Do</b> Adults	<b>Muay Thai</b> Adults	<b>Tang Soo Do</b> Adults	<b>Forms Class</b> Comp Team		
8:00 - 9:00 PM				<b>Muay Thai</b> Adults		