



# Kil's Tae Kwon Do Centers

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[www.kilsmartialarts.com](http://www.kilsmartialarts.com)



kilstaekwondo

Color Belt Testing is The 3rd Saturday of The Month

	A	A	A	A	A	A
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 to 10:30						Cardio Kick Boxing
10:00 to 11:00	Adults All Belts		Adults All Belts		Adults All Belts	Adults Only All Belts 10:30-11:30
11:30 to 12:15			TAI CHI 11:00			Kids All Belts
12:30 to 1:30						
12:00 to 1:00						
4:15 to 4:45	Lil Dragon 3-5 Yrs	Lil Dragon 3-5 Yrs	Lil Dragon 3-5 Yrs	Lil Dragon 3-5 Yrs		
4:45 to 5:30	Kids White / Yellow	Kids Green / Up	Kids White / Yellow	Kids Green / Up		
5:30 to 6:15	Kids Green / Up	Kids White / Yellow	Kids Green / Up	Kids White / Yellow	Kids All Belts	
6:30 to 7:30	All Belts / Family	Adults All Belts	SPARRING 6:15-7:30	Adults All Belts		
7:30 to 8:30	Cardio Kick Boxing	All Belts / Family	All Belts / Family & Tai Chi	Cardio Kick Boxing		

Monday and Tuesday - Forms / Technical  
 Wednesday and Thursday - Self Defense

**Please attend the correct class time for your belt rank and age**

Kids = 6yrs - 11 yrs  
 Adult = 12 yrs & up