



Kil's Tae Kwon Do Centers

6936 W. Grand River, Brighton MI 48114

Tel: 810-227-1991 Fax 810-227-4393

www.kilsmartialarts.com

A = Large Gym B = Small Gym

	A	B	A	B	A	B	A	B	A	A	B
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 12:30									Kids All Belts		
12:30 to 1:30									Belt Testing 3rd Saturday 10:00	TAI CHI 12:30	
12:00 to 1:00						TAI CHI					
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		Everyone OPEN Training		
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	Adults All Belts / Family	All Sparring	Adults Blue / Up		Adults All Belts / Family		Adults Blue / Up	All Sparring			
7:30 to 8:30	Cardio Kick Boxing		Adults All Belts / Family		Cardio Kick Boxing	TAI CHI	Adults All Belts / Family				

Monday and Tuesday - Forms / Technical

Wednesday and Thursday - Self Defense / Sparring

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

Kids = 6yrs - 11 yrs

Adult = 12 yrs & up

Class Schedule
August 14, 2017