



# Kil's Tae Kwon Do Centers

6936 W. Grand River, Brighton Mi 48114

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[www.kilsmartialarts.com](http://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									TAI CHI	3rd Saturday 11:30	
12:00 to 1:00		TAI CHI				TAI CHI					
4:15 to 4:45	Lil Ninja 3-5 Yrs Yellow/up		Lil Dragon 3-5 Yrs White		Lil Ninja 3-5 Yrs Yellow/up		Lil Dragon 3-5 Yrs White				
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	Kid's Beginner Sparring	Kids White / Yellow		Kids Green / Up		Kids White / Yellow	Kid's Beginner Sparring	Kids All Belts 5:45-6:30		
6:30 to 7:30	Adults All Belts / Family	Sparring	Adults Blue / Up		Adults All Belts / Family	Sparring	Adults Blue / Up	ZUMBA			
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

***Begins February 1, 2017***