



# HIGHKICKS TAEKWONDO of Chantilly Class Schedule

## As of February 1<sup>st</sup>, 2015



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:00-9:00 am</b>	HIGHKICKS Krav Maga	HIGHKICKS Krav Maga	HIGHKICKS Krav Maga	HIGHKICKS Krav Maga	
<b>12:00-12:45 pm</b>	All Belts Class		All Belts Class		All Belts Class
<b>1:00-1:45 pm</b>					
<b>1:00-4:00 pm</b>	<b>After School Program</b>				
<b>4:30-5:15 pm</b>	Tiny Tigers		Tiny Tigers		Tiny Tigers
<b>5:15-6:00 pm</b>	Children All Belts	Children Intermediate (Green to Blue St)	Children All Belts	Children Intermediate (Green to Blue St)	Children All Belts
<b>5:15-6:00 pm</b>	Children Beginner Class (White to Yellow St)	Kid's Gumdo	Children Beginner Class (White to Yellow St)	Kid's Gumdo	Children Beginner Class (White to Yellow St)
<b>6:00-6:45 pm</b>	All Belts Class	All Belts Class	All Belts Class	All Belts Class	Black Belt Class (Black Belts Only)
<b>6:00-6:45 pm</b>	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	All Color Belts Class
<b>6:45-7:30 pm</b>	Advanced Class Teens & Adults	Advanced Class Teens & Adults	Advanced Class Teens & Adults	Advanced Class Teens & Adults	Black Belt Test Preparation Class (Temporary)
<b>6:45-7:30 pm</b>		M.X.T. (Kickboxing)		M.X.T. (Kickboxing)	
<b>7:30-8:15 pm</b>	M.X.T. (Kickboxing)	Haidong Gumdo	M.X.T. (Kickboxing)	Haidong Gumdo	
<b>7:30-8:15 pm</b>	All Belts Class		All Belts Class		
<b>Saturday</b>	<b>9:00-10:00</b>	<b>10:00-10:45</b>	<b>10:45-11:30</b>	<b>1:00-3:00</b>	
Room #1	Black Belt Class (Black Belts Only)	All Belt Class	Junior Olympics (Forms & Sparring)	Birthday Party (by appt)	
Room #2	Kickboxing (9:15am)	Tiny Tigers	Black Belt Test Preparation Class (Temporary)		

**Tiny Tigers: Ages 4-6**  
**Beginner: White – Yellow St Belt**

**Family: All Children, Teens & Adults**  
**Children: Ages 7-12**  
**Intermediate: Green Belt – Blue Stripe Belt**

**Teens & Adults: 13 & Up**  
**Advanced: Brown Belt & Up**