



Highkicks Taekwondo of Sterling



124 Edds Lane, Sterling, VA 20165
703-421-0700 www.Highkicks.org

Current as of January 5, 2015

	FORMS & SELF-DEFENSE Days		SPARRING Days (w/ equipment)		KICKING & BREAKING Days	
	Monday and Tuesday		Wednesday and Thursday		Friday and Saturday	
3:45 ~ 4:45	After School Program A Class / B Class	After School Program A Class / B Class	After School Program (with Equipment) A Class / B Class	After School Program (with Equipment) A Class / B Class	After School Program A Class / B Class	9:45 ~ 10:45 FAMILY TEENS & ADULTS ALL BELTS
4:45 ~ 5:30	TINY TIGERS 4-6 yrs.	TINY TIGERS 4-6 yrs.	TINY TIGERS 4-6 yrs.	TINY TIGERS 4-6 yrs.	TINY TIGERS 4-6 yrs.	10:45 ~ 11:30 CHILDREN ALL BELTS
5:30 ~ 6:15	CHILDREN BEGINNER & INTERMEDIATE	CHILDREN BEGINNER & INTERMEDIATE	CHILDREN BEGINNER & INTERMEDIATE (with Equipment)	CHILDREN BEGINNER & INTERMEDIATE (with Equipment)	CHILDREN BEGINNER & INTERMEDIATE	11:30 ~ 12:15 TINY TIGERS 4-6 yrs.
6:15 ~ 7:00	CHILDREN ADVANCED & BLACK BELT	CHILDREN ADVANCED & BLACK BELT	CHILDREN ADVANCED & BLACK BELT (with Equipment)	CHILDREN ADVANCED & BLACK BELT (with Equipment)	CHILDREN ADVANCED & BLACK BELT	12:30 and Later <ul style="list-style-type: none"> • Birthday Party • Preparation Class • Special Events
7:00 ~ 8:00	FAMILY TEENS & ADULTS ALL BELTS	FAMILY TEENS & ADULTS ALL BELTS	FAMILY TEENS & ADULTS ALL BELTS (with Equipment)	FAMILY TEENS & ADULTS ALL BELTS (with Equipment)	FAMILY TEENS & ADULTS ALL BELTS	By appointment only!