



HIGHKICKS TAEKWONDO of Chantilly Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
12:00-12:45 pm	All Belt Class		All Belt Class		All Belt Class
1:00-4:00 pm	After School Program (AMP)				
4:30-5:15 pm	Tiny Tiger		Tiny Tiger		Tiny Tiger
5:15-6:00 pm	Children All Belt	Children Intermediate (Green to Blue St)	Children All Belt	Children Intermediate (Green to Blue St)	Children All Belt
		Kid's Gumdo		Kid's Gumdo	
6:00-6:45 pm	All Belt Class	All Belt Class	All Belt Class	All Belt Class	Black Belt Class (Black Belt only)
	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	All Color Belt Class
6:45-7:30 pm	Advanced Class Teens & Adults	Advanced Class Teens & Adults	Advanced Class Teens & Adults	Advanced Class Teens & Adults	Black Belt Test Preparation Class (Temporary)
	Poomsae Team	M.X.T (Kickboxing)	Leadership & Demo Class	M.X.T (Kickboxing)	703 - 378 - 1000 Highkicks1@gmail.com Facebook.com /hellohighkicks 14155-F Sullyfield Cir. Chantilly VA 20109
7:30-8:15 pm	M.X.T (Kickboxing)	Haidong Gumdo	Leadership & Demo Class	Haidong Gumdo	
	All Belt Class		Allen All Belt Class		
Saturday	9:00-10:00	10:00-10:45	10:45-12:15	1:00-3:00	
Room #1 (MAIN)	Black Belt Class (Black Belts Only)	All Belt Class	Junior Olympics (sparring)	Birthday Party (by appt)	
Room #2 (WHITE)	Kickboxing (9:15am)	Tiny Tigers	Black Belt Test Preparation Class (Temporary)		

Tiny Tigers: Ages 4-6

Children: Ages 7-12

Teens & Adults: 13 & Up

Beginner: White – Green

Intermediate: Green St – Blue St

Advanced: Brown – Red

M.X.T: Martial Arts Cross Training

Junior Olympics: TKD Sparring

Haidong Gumdo: Sword Arts Class