

ELITE TAEKWONDO ACADEMY

13341 W. Indian School Rd., Suite C-301
Litchfield Park, AZ. 85340

www.ArizonaTKD.com

“Creating a Confident Community!”



623-935-2300

(Effective January 9th, 2010)

<i>Time</i>	<i>MON.</i>	<i>TUES.</i>	<i>WED.</i>	<i>THUR.</i>	<i>FRI.</i>	<i>SAT.</i>	<i>SUN.</i>
8:30 am						Yoga	
10:00 am			Young Champions: Ages 3 to 6 Beginner: White, Yellow Intermediate: Purple, Orange, and Green Advanced: Blue, Brown, Red, and Black			Young Champions (Ages 3 to 6) 10:00 - 10:45 am	
11:00 am						Competition Team Class - All Belts Ages 7 & up	
12:00 pm						11:00 - 12:15	
1:00 pm							
2:00 pm						Yoga	
3:30 pm							
4:00 pm		Beginning and Intermediate Sparring		Beginning and Intermediate Sparring			
5:00 pm	Beginning and Intermediate children	Beginning Children	Beginning and Intermediate children	Beginning Children	Beginning and Intermediate children		
6:00 - 7:00 pm	Advanced Belts, All Teens and Adults	Young Champions (Ages 3 to 6) 6:00 - 6:45	Advanced Belts, All Teens and Adults	Young Champions (Ages 3 to 6) 6:00 - 6:45	Advanced Belts, All Teens and Adults		
7:00 - 8:00 pm	Teens and Adults Kickboxing - MMA		Teens and Adults Kickboxing - MMA		Teens and Adults Kickboxing - MMA		