

# Gary Stevens TaeKwonDo

201 670-7263

*FALL / WINTER / SPRING*

*Martial Arts and Fitness Center*

fax: (201) 652-8925

*Class Schedule*

175 Rock Road, Glen Rock, NJ 07452

e-mail: [StevensTKD@aol.com](mailto:StevensTKD@aol.com)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM						Little Warriors Ages: 2 & 3 9:30 to 10:15	ADULTS Teens TaeKwonDo 8am to 9:30
10:30 AM	PRIVATE LESSONS AVAILABLE THROUGHOUT THE DAY - CALL FOR TIMES  Self-Defense / TaeKwonDo / Fitness					Mighty Rangers Ages 4 & 5	
11:45 AM							
1:00 PM						BLUE, RED & BLACK Belts 1:00 to 2:30	
4:00 to 5:00	BEGINNERS White Belts	Mighty Rangers Ages 4 & 5	Available for Private Lessons	Yellow / Green	COLOR BELT 4:00 to 5:30	Yellow / Green 2:30 to 4:00	
5:15 to 6:15	ALL COLOR BELTS	Yellow / Green	5:30 - 6:30 ALL COLOR BELTS	BEGINNERS White Belts	SPECIAL NEEDS 5:30 to 6:15	Reserved for 5:00 to 6:30pm BIRTHDAY PARTIES	
6:30 to 7:30	Available for Private Lessons	BLUE, RED & BLACK Belts	Available for Private Lessons	BLUE, RED & BLACK Belts			
7:30 to 9:00	ADULTS Teens TaeKwonDo to 9:00 pm		ADULTS Teens TaeKwonDo to 9:00 pm			Schedule subject to change without notice	Effective 10/01/2011