

Gary Stevens TaeKwonDo

201 670-7263

FALL-WINTER-SPRING

Martial Arts and Fitness Center

fax: (201) 652-8925

2016 - 2017 Class Schedule

175 Rock Road, Glen Rock, NJ 07452

e-mail: StevensTKD@aol.com

www.StevensTaeKwonDo.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM	PERSONAL TRAINER AVAILABLE THROUGHOUT THE DAY - CALL FOR TIMES Self-Defense / TaeKwonDo / Fitness					Little Warriors Ages: 2 & 3 9:30 to 10:15	ADULTS Teens TaeKwonDo 8am to 9:30
10:30 AM						Mighty Rangers Ages 4 & 5	
11:45 AM						BEGINNERS Adults & Children 6 & up	OPEN GYM 9:30 to 10:30
1:00 PM						BLUE, RED & BLACK Belts 1:00 to 2:30	Available For BIRTHDAY PARTIES
4:00 to 5:00	BEGINNERS White Belts	Mighty Rangers Ages 4 & 5	Available for Private Lessons	Yellow/Green	Available for Private Lessons	2:30 - 3:30 Yellow/Green	
5:15 to 6:15	5:30 to 6:30	5:15 - 6:15 Yellow/Green		5:30 to 7:00		5:15 - 6:15 BEGINNERS White Belts	
	ALL COLOR BELTS		ALL COLOR BELTS		ALL COLOR BELTS	Available For BIRTHDAY PARTIES	
6:30 to 7:30	Available for Private Lessons	BLUE, RED & BLACK Belts	90 minutes	BLUE, RED & BLACK Belts			
7:30 to 9:00	ADULTS Teens TaeKwonDo		ADULTS Teens TaeKwonDo			Schedule subject to change without notice	Effective 09/06/2016