

# LIVING PROOF

TAEKWONDO  
MARTIAL ARTS & FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00-4:30pm Little Lions Beginners 3-6yr Yellow/Black & under	4:00-4:30pm Little Lions Beginners 3-6yr Yellow/Black & under	4:00-4:30pm Little Lions Beginners 3-6yr Yellow/Black & under	4:00-4:30pm Little Lions Beginners 3-6yr Yellow/Black & under	
4:30-5:00pm Little Lions Advanced 3-6yr Green/White & Above	4:30-5:00pm Little Lions Advanced 3-6yr Green/White & Above	4:30-5:00pm Little Lions Advanced 3-6yr Green/White & Above	4:30-5:00pm Little Lions Advanced 3-6yr Green/White & Above	
5:00-6:00pm 7-12yr Beginners Green/Blue & Under	5:00-6:00pm 7-12yr Beginners Green/Blue & Under	5:00-6:00pm 7-12yr Beginners Green/Blue & Under	5:00-6:00pm Color Belt Sparring Ages 7+	
6:00-7:00pm Ages 7-12 Advanced/Teens - Blue Belt & Up	6:00-7:00pm Ages 7-12 Advanced/Teens - Blue Belt & Up	6:00-7:00pm Ages 7-12 Advanced/Teens - Blue Belt & Up	EVALUATIONS/ PRIVATE TRAINING	
7:00pm Competition Team	7:00pm Competition Team	7:00pm Competition Team	7:00pm Competition Team	7:00pm Competition Team