

Schedule of Classes

dkfitnessarts.com/schedule

Winter Schedule

begins 11/9/2019

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am							
9	Private Instruction Available					Tiger Tots 9-9:30pm 30min	
10						Mighty Kickers 9:35-10:05am 30min	
11						All Belts/Beg/Family 10:10-10:55am 45min	← All Belts Welcome (White & Above) Ages 7 & Up Unless w/ Family
12pm						Black Belt Club 11-12:10pm 70min	
1						Special Program 12:15-1:15pm 60min	
2						Private / Intro Class Appointment Necessary 1:20-3pm	
3	Private / Intro Class Appointment Necessary 3:30-4:25pm	Private / Intro Class Appointment Necessary 3:30-5pm	Private / Intro Class Appointment Necessary 3:30-4:30pm	Private / Intro Class Appointment Necessary 3:30-4:25pm	Private / Intro Class Appointment Necessary 3:30-5:20pm	Birthday Parties or Private Instruction Available	
4	White/Yellow Belts 4:30-5:15pm 45min		Mighty Kickers 4:45-5:15pm 30min	Mighty Kickers 4:30-5pm 30min			
5	Orange-Purple Belts 5:20-6:20pm 60 min	Tiger Tots 5:10-5:40pm 30min	White/Yellow Belts 5:20-6:05pm 45min	White/Yellow Belts 5:05-5:50pm 45min	White/Yellow Belts 5:25-6:10pm 45min		
6	Blue-Black Belts 6:25-7:25pm 60min	Mighty Kickers 5:45-6:15pm 30min	Orange-Purple Belts 6:10-7:10pm 60min	Black Belt Club 5:55-7:05pm 70min	Poomsae (Forms) 6:15-7pm 45min		
7	Special Program 7:30-8:30pm 60min	Sparring 6:20-7:20pm 60min	Blue-Black Belts 7:15-8:15pm 60min	Master's Club 7:05-7:30pm 25min			
8		Adults 7:25-8:25pm 60min					
9							



DK FITNESS ARTS
TAEKWONDO

1714 E. Northwest Hwy
Arlington Heights, IL 60004

(847) 749-2819
info@dkfitnessarts.com