Schedule of Classes

dkfitnessarts.com/schedule

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

Private Instruction Available

⇐ *All Belts Welcome (White & Above) Ages 7 & Up Unless w/ Family*

Birthday Parties or Private Instruction Available