

Schedule of Classes

dkfitnessarts.com/schedule

Dojang Restart Hybrid Schedule

begins 6/1/2020

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am	<div>All non-virtual classes are located within dojang following Student Safety Protocols</div> <div>All classes REQUIRE RESERVATIONS through DKFA Member Portal or Zen Planner App</div> <div>No Drop-ins will be allowed</div>						
9							
10							
11	<div>TIGER TOTS/MIGHTY KICKERS - Reserve up to two regular classes per week</div> <div>STANDARD BELTS, BLACK BELT CLUB & MASTERS CLUB - Reserve 2 Boost Boot-Camp classes in June. If attending a boot-camp that week please only reserve 1 class, if no boot-camp, then reserve 2 classes</div> <div>PARENTS - You've got a FREE Adult Cardio Kickboxing Class Tuesday nights at 6:15pm</div> <div>ALL STUDENTS - Join us in our ZOOM Classes on Thursdays</div> <div>VIRTUAL ONLY STUDENTS - Sign up for your Private Sessions Tuesdays 3-6pm</div>						<div>Beginner Belt Boot-Camp</div> <div>(White, Yellow & Orange Belts)</div> <div>9-11am 2hrs</div>
12pm							<div>Intermediate Belt Boot-Camp</div> <div>(Green, Purple & Blue Belts)</div> <div>11:15-1:15pm 2hrs</div>
1							<div>Adv/Black Belt Boot-Camp</div> <div>(Brown, Red, HGRed & Black Belts)</div> <div>1:30-3:30pm 2hrs</div>
2							
3							
4	<div>Tiger Tots</div> <div>4-4:30pm 30min</div>	<div>Virtual Classes</div> <div>(online)</div> <div>Private Sessions</div> <div>15min Zoom Sessions for on-line only students</div> <div>3-6pm</div> <div>Adult Cardio Kickboxing</div> <div>6:15-6:45pm 30min</div>	<div>Mighty Kickers</div> <div>4-4:30pm 30min</div>	<div>Virtual Classes</div> <div>(online)</div> <div>Tiger Tots</div> <div>4:15-4:45pm 30min</div>	<div>Tiger Tots</div> <div>4-4:30pm 30min</div>		
5	<div>Mighty Kickers</div> <div>4:45-5:15pm 30min</div>		<div>Tiger Tots</div> <div>4:45-5:15pm 30min</div>	<div>Mighty Kickers</div> <div>5-5:30pm 30min</div>	<div>Mighty Kickers</div> <div>4:45-5:15pm 30min</div>		
6	<div>White/Yellow Belts</div> <div>5:30-6pm 30min</div>		<div>Orange-Purple Belts</div> <div>5:30-6pm 30min</div>	<div>Standard Belts</div> <div>5:45-6:15pm 30min</div>	<div>White/Yellow Belts</div> <div>5:30-6pm 30min</div>		
7	<div>Orange-Purple Belts</div> <div>6:15-6:45pm 30min</div>		<div>White/Yellow Belts</div> <div>6:15-6:45pm 30min</div>	<div>Black Belt/Masters Club</div> <div>6:30-7pm 30min</div>	<div>Orange-Purple Belts</div> <div>6:15-6:45pm 30min</div>		
8	<div>Blue-Black Belts</div> <div>7-7:30pm 30min</div>		<div>Blue-Black Belts</div> <div>7-7:30pm 30min</div>	<div>Masters Club</div> <div>7-7:20pm 20min</div>	<div>Blue-Black Belts</div> <div>7-7:30pm 30min</div>		
9							



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