


Schedule of Classes

dkfitnessarts.com/schedule

Fall Schedule

begins 8/31/2020

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am							
9						<div>Tiger Tots 9-9:30pm 30min</div>	
10	<div>All non-virtual classes are located within dojang following Student Safety Protocols</div> <div>TIGER TOTS/MIGHTY KICKERS - Attend any two In-Person classes per week</div> <div>STANDARD BELTS - Attend any two In-Person classes per week</div> <div>BLACK BELT CLUB/MASTERS CLUB - Attend any two In-Person classes PLUS BBC/MC classes</div> <div>Online Virtual Classes are open to all taekwondo members</div> <div>Fitness Arts Club Open Gym requires FAC Membership</div>					<div>Mighty Kickers 9:40-10:10am 30min</div>	
11						<div>All Belts/Beg/Family 10:20-11:05am 45min</div>	<div>All Belts Welcome (White & Above) Ages 7 & Up Unless w/ Family</div>
12pm						<div>Black Belt Club 11:15-12:15pm 60min</div>	
1						<div>Special Program 12:25-1:25pm 60min</div>	
2						<div>Private / Intro Class Appointment Necessary</div>	
3							
4	<div>White/Yellow Belts 4:30-5:15pm 45min</div>	<div>Tiger Tots 5:05-5:35pm 30min</div>	<div>White/Yellow Belts 4:30-5:15pm 45min</div>	<div>Mighty Kickers 4:30-5pm 30min</div>	<div>PreKiX 4:15-5pm 45min</div>		<div>CLASSES MUST BE RESERVED A MINIMUM OF 4 HOURS BEFORE START USING: </div>
5	<div>Int Belts plus Orange Orange - Blue Belts 5:25-6:15pm 50min</div>	<div>Mighty Kickers 5:45-6:15pm 30min</div>	<div>Int Belts plus Orange Orange - Blue Belts 5:25-6:15pm 50min</div>	<div>Tiger Tots 5:10-5:40pm 30min</div>	<div>White/Yellow Belts 5:10-5:55pm 45min</div>		
6	<div>Advanced Belts Brown - Black Belts 6:25-7:15pm 50min</div>	<div>Masters Club 6:25-6:55pm 30min</div>	<div>Advanced Belts Brown - Black Belts 6:25-7:15pm 50min</div>	<div>Black Belt Club 5:50-6:50pm 60min</div>	<div>Poomsae (Forms) 6:05-6:50pm 45min</div>		
7	<div>Special Program 7:25-8:25pm 60min</div>	<div>Demo Team Invite Only 7:05-7:50pm 45min</div>	<div>Adults 7:25-8:25pm 60min</div>	<div>Masters Club 7-7:30pm 30min</div>			
8		<div>Virtual Classes (online)</div>					
9		<div>Standard Belts 4:25-4:55pm 30min</div>					



DK FITNESS ARTS
TAEKWONDO

1714 E. Northwest Hwy
Arlington Heights, IL 60004

(847) 749-2819
info@dkfitnessarts.com