

Schedule of Classes

dkfitnessarts.com/schedule

Tier 3 Schedule

begins 11/30/2020

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am	Facial Coverings are MANDATORY during classes at ALL TIMES						
9	Masks will be available at a \$2 charge if needed						Tiger Tots 9-9:30pm 30min
10	All non-virtual classes are located within dojang following Student Safety Protocols						Mighty Kickers 9:40-10:10am 30min
11	TIGER TOTS/MIGHTY KICKERS - Attend any two In-Person classes per week						White/Yellow Belts 10:20-11:05am 45min
	STANDARD BELTS - Attend any two In-Person classes per week						Int Belts plus Orange Orange - Blue Belts 11:15-12:05pm 50min
12pm	Online Virtual Classes are open to all current standard program members						
1							
2							
3		Virtual Classes (online)					
4	White/Yellow Belts 4:30-5:15pm 45min	Standard Belts 4:25-4:55pm 30min	White/Yellow Belts 4:30-5:15pm 45min	Mighty Kickers 4:30-5pm 30min	PreKiX 4:15-5pm 45min		
5	Int Belts plus Orange Orange - Blue Belts 5:25-6:15pm 50min	Tiger Tots 5:05-5:35pm 30min Mighty Kickers 5:45-6:15pm 30min	Int Belts plus Orange Orange - Blue Belts 5:25-6:15pm 50min	Tiger Tots 5:10-5:40pm 30min White/Yellow Belts 5:50-6:35pm 45min	White/Yellow Belts 5:10-5:55pm 45min	CLASSES MUST BE RESERVED A MINIMUM OF 4 HOURS BEFORE START USING: zenplanner	
6	Advanced Belts Brown - Black Belts 6:25-7:15pm 50min		Advanced Belts Brown - Black Belts 6:25-7:15pm 50min	Masters Club 6:45-7:45pm 60min	Advanced Belts Brown - Black Belts 6:05-6:55pm 50min		
7	Special Program 7:25-8:25pm 60min						
8							
9							



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