


Schedule of Classes

dkfitnessarts.com/schedule

Spring Schedule

begins 4/1/2022

	Mon	Tue	Wed	Thu	Fri	Sat	Sun			
8am										
9		When School's Out, DKFA's in! Check website for available camp days.					Tiger Tots 9-9:30pm 30min			
10										Mighty Kickers 9:40-10:10am 30min
11										Poomsae (Forms) 10:20-11:05am 45min
12pm		<div></div> <div>FACE COVERINGS are RECOMMENDED but OPTIONAL if VACCINATED or with PARENT CONSENT <i>-thank you</i></div>					Sparring 11:15-12:15pm 60min			
1										Private Sessions, Evaluations & Intros <i>(by appointment only)</i> 12:15-1:30pm
2										Appointment Only Birthday Parties Special Events Private Instruction
3	Private Sessions, Evaluations & Intros <i>(by appointment only)</i> 3-4:20pm	Private Sessions, Evaluations & Intros <i>(by appointment only)</i> 3-4:10pm	Private Sessions, Evaluations & Intros <i>(by appointment only)</i> 3-4:20pm	Private Sessions, Evaluations & Intros <i>(by appointment only)</i> 3-4:20pm	Private Sessions, Evaluations & Intros <i>(by appointment only)</i> 3-4:30pm					
4	Int Belts <i>plus</i> Orange Orange - Blue Belts 4:30-5:20pm 50min	First Time Kickers <i>(Eval/Intro)</i> 4:20-4:50pm 30min	White/Yellow Belts 4:30-5:15pm 45min	White/Yellow Belts 4:30-5:15pm 45min	First Time Kickers <i>(Eval/Intro)</i> 4:40-5:10pm 30min					
5	White/Yellow Belts 5:30-6:15pm 45min	Tiger Tots 5:05-5:35pm 30min	Int Belts <i>plus</i> Orange Orange - Blue Belts 5:25-6:15pm 50min	Tiger Tots 5:25-5:55pm 30min	White/Yellow Belts 5:20-6:05pm 50min					
6	Advanced Belts Brown - Black Belts 6:25-7:15pm 50min	Mighty Kickers 5:45-6:15pm 30min	Advanced Belts Brown - Black Belts 6:25-7:15pm 50min	Mighty Kickers 6:05-6:35pm 30min	Int/Adv + Orange Belts Orange - Black Belts 6:15-7:05pm 50min	CLASSES MUST BE RESERVED A MINIMUM OF 4 HOURS BEFORE <div>zenplanner</div>				
7	Adults 7:25-8:25pm 60min	Sparring 6:25-7:25pm 60min		Black Belt Club 6:45-7:45pm 60min	Kickboxing* 7:15-8pm 45min					
8		Kickboxing* 7:35-8:20pm 45min		Masters Club 7:45-8:15pm 30min	Appointment Only Birthday Parties Special Events					
9	Gear & Membership Cards Required for All Classes									



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TAEKWONDO

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