



# Schedule of Classes

dkfitnessarts.com/schedule

## Fall Schedule

begins 9/5/2022

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8am							
9	<p><b>When School's Out, DKFA's in!</b> Check website for available camp days.</p>  <p><b>TUES &amp; FRI NIGHTS</b> for TEENS &amp; ADULTS TRY YOUR FREE CLASS NOW!</p>					Tiger Tots 9-9:30pm 30min	
10						Mighty Kickers 9:40-10:10am 30min	
11						Poomsae (Forms) 10:20-11:05am 45min	
12pm						Sparring 11:15-12:15pm 60min	
1						Private Sessions, Evaluations & Intros <i>(by appointment only)</i> 12:15-1:30pm	
2						<p><b>Appointment Only</b></p> <p>Birthday Parties Special Events Private Instruction</p>	
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> 3-4pm		
4	Int Belts plus Orange Orange - Blue Belts 4:30-5:20pm 50min	First Time Kickers (Eval/Intro) 4:20-4:50pm 30min	White/Yellow Belts 4:30-5:15pm 45min	White/Yellow Belts 4:30-5:15pm 45min	PreKiX 4:15-5pm 45min		
5	White/Yellow Belts 5:30-6:15pm 45min	Tiger Tots 5:05-5:35pm 30min	Int Belts plus 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		
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		<p><b>CLASSES MUST BE RESERVED A MINIMUM OF 4 HOURS BEFORE</b></p> 
8		Kickboxing* 7:35-8:20pm 45min		Masters Club 7:45-8:15pm 30min			
9	<p><b>Gear &amp; Membership Cards Required for All Classes</b></p>						



**DK FITNESS ARTS**  
TAEKWONDO

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