


# Schedule of Classes

dkfitnessarts.com/schedule

## Current Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
8am								
9	<p><b>When School's Out, DKFA's in!</b>  <b>Check website for available camp days.</b></p>					Tiger Tots 9-9:30pm 30min		
10						Mighty Kickers 9:40-10:10am 30min		
11						Poomsae (Forms) 10:20-11:05am 45min		
12pm	 <p><b>TUES &amp; FRI NIGHTS</b>            for TEENS &amp; ADULTS            TRY YOUR FREE CLASS NOW!</p>					Sparring 11:15-12:15pm 60min		
1						<p>Private Sessions, Evaluations &amp; Intros <i>(by appointment only)</i> 12:15-1:30pm</p>		
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			
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>						<p><b>Appointment Only</b></p> <p>Birthday Parties Special Events Private Instruction</p>	

**CLASSES MUST BE RESERVED  
A MINIMUM OF 4 HOURS BEFORE**

