



Flower Mound Taekwondo & Krav Maga

— CLASS SCHEDULE —

Juniors (6 - 11)

White, Yellow, Orange Belts:

Monday: 4:30, 5:00*
 Tuesday: 4:30
 Wednesday: 5:00*, 5:30
 Thursday: 4:30, 5:30
 Friday: 5:00

Green, Purple, Blue Belts:

Monday: 4:30, 5:00*
 Tuesday: 5:00
 Wednesday: 4:30, 5:00*
 Thursday: 5:30
 Friday: 5:00

Brown, Red, Black Belts:

Monday: 5:00*, 5:30
 Tuesday: 5:30
 Wednesday: 4:30, 5:00*
 Thursday: 5:00
 Friday: 5:00

*All belts, sparring focused

*If you have sparring gear,
 bring it to every class, not
 just sparring focused ones.*

Lil' Dragons (4 & 5)

Tuesday: 4:00
 Wednesday: 5:30
 Thursday: 4:00

Teens (12 - 15)

Monday All Belts: 6:00
 Tuesday All Belts: 6:00
 Wednesday All Belts: 6:00
 Thursday All Belts: 6:00
 Friday Teen/Family: 5:30

Adults (16+)

Monday All Belts: 6:00
 Monday Krav Maga: 6:45
 Tuesday All Belts: 6:00
 Tuesday Krav Maga: 6:45
 Wednesday All Belts: 6:45
 Thursday All Belts: 6:00
 Thursday Krav Maga: 6:45
 Friday Adult/Family: 5:30
 Saturday Krav Maga: 10:00



Leadership Team:

Tuesday: 5:00

Instructor Training:

Thursday: 5:00

FLOWER MOUND TAEKWONDO & KRAV MAGA
 2240 Morriss Rd., Ste. 120; Flower Mound, TX 75028

972-355-0844 - WinWithKarate.com

