

Northwest Phoenix Martial Arts – Federal Way

Class schedule

Effective March 27, 2023

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
4:30 PM		4:30 – 4:55 Moogi Dragons Ages 3 – 6 All ranks		4:30 – 4:55 Moogi Dragons Ages 3 – 6 All ranks		Private Lessons to be scheduled 1:1
5:00 PM	5:00 – 6:00 Leadership	5:00 – 5:45 White - Black Ages 6 -12	5:00 – 6:00 Leadership	5:00 – 5:45 White - Black Ages 6 -12		Birthday Parties!
5:30 PM						
6:00 PM	5:45 – 6:45 Family Class Ages 6+ All Ranks	5:45 – 6:30 Black Belt, Leadership, & Instructor Class	5:45 – 6:45 Family Class Ages 6+ All Ranks	5:45 – 6:30 Black Belt, Leadership, & Instructor Class	5:30 to 6:30 Sparring Class Ages 6 – 12	
6:30 PM		6:30 – 7:30 Teen / Adult TKD Fit		6:30 – 7:30 Teen / Adult TKD Fit		
7:00 PM						
7:30 PM		7:30 – 8:30 Krav Maga Ages 16& up		7:30 – 8:30 Krav Maga Ages 16& up		
8:00 PM						

Moogi Dragons: Green colored classes

Black Belt Club: Rank & age level classes

Leadership: Leadership Members have the choice of all the classes except Instructor class.

Instructor Training: All classes including the Instructor Certification Classes!

Krav Maga: 16 & up only

Can't make it to class? LET US KNOW! (206)304-6371 or (253)874-2525

Special Events info on our website www.goodsata.com!

***Schedule may change**