



# 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.*

#### Leadership Team:

Tuesday: 5:00

### Lil' Dragons (4 & 5)

Monday: 5:00  
 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



#### Instructor Training:

Thursday: 5:00

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

972-355-0844 - WinWithKarate.com

