

SCHEDULE FOR 2024 (360 BLDG): ALL CLASSES
effective January 2024

PROGRAM	AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Early SKILLZ	3-4 years old	no class	5:00-5:30	no class	5:00-5:30	NO CLASS	
Basic SKILLZ/TKD: Trad	5-6 years old	5:30-6:15 (All Ranks)	5:30-6:15 (Beg w/o/y)	5:30-6:15 (All Ranks)	5:30-6:15 (Brown & Up)	NO CLASS	
Core SKILLZ/TKD	7-9 years old	5:30-6:15 (All Ranks)	5:30-6:15 (Beg W/Y)	5:30-6:15 (All Ranks)	5:30-6:15 (Green & Up)	NO CLASS	
Extreme TKD/SKILLZ	10-14 years old	6:20-7:20 (Red/Blk)	6:20-7:20 (All Ranks)	6:20-7:20 (All Ranks)	6:20-7:00 (All Ranks) 7:00-7:30 Spar (Green & Up)	NO CLASS	
Adult Class	15 & up	6:20-7:20 (Red/Blk)	6:20-7:20 (All Ranks)	6:20-7:20 (All Ranks)	6:20-7:00 (All Ranks) 7:00-7:30 Spar (Green & Up)	NO CLASS	
Open Floor for Extreme & Adult							9:00-10:30 am
SaberStrong						6:30-9:00	