



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: 5:00
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: 4:30
Friday: 5:00

***All belts, sparring focused**

Lil' Dragons (4 & 5)

Monday: 5:30
Wednesday: 5:30

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
Tuesday All Belts: 6:00
Wednesday All Belts: 6:45
Thursday All Belts: 6:00
Friday Adult/Family: 5:30

Leadership Team:

Tuesday: 5:00

Instructor Training:

Thursday: 5:00

Krav Maga (16+)

Monday All Ranks: 6:45
Tuesday All Ranks: 6:45**
Thursday All Ranks: 6:45
Thursday Green Belt+: 7:30
Saturday All Ranks: 10:00

****Krav Maga Fight Night**

Orange belts+ are welcome to bring their gear to spar.

FLOWER MOUND TAEKWONDO & KRAV MAGA

2240 Morriss Rd., Ste. 120; Flower Mound, TX 75028

972-355-0844 - WinWithKarate.com

