

Class Schedule

find us online at www.matthewsata.com

Effective 21 May 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger All Ranks						
Regular Class	5:15 - 5:45		6:15 - 6:45	4:00 - 4:30		9:00 - 9:30
Black Belt Club Class	Sparring 4:45 - 5:15					
Kids White / Orange / Yellow						
Regular Class	5:45 - 6:15	4:00 - 4:30	4:45 - 5:15		6:30 - 7:00	9:30 - 10:00
Black Belt Club Class		Sparring 5:15 - 6:00				
Kids Camo thru Blue						
Regular Class	4:00 - 4:45	4:30 - 5:15	6:45 - 7:30		5:45 - 6:30	
Black Belt Club Class		Sparring 5:15 - 6:00				
Kids Brown thru Red/Black						
Regular Class	6:15 - 7:00	6:00 - 6:45	4:00 - 4:45	4:30 - 5:15		
Black Belt Club Class		Sparring 5:15 - 6:00				Board Break 11:00 - 12:00
Kids Black Belt I/II/III						
Regular Class		6:45 - 7:30	5:15 - 6:15	5:15 - 6:15	7:00 - 8:00	
Black Belt/Master Club Class		Sparring 5:15 - 6:00		Master Club Sparring 6:15 - 7:15		Board Break 11:00 - 12:00
Teen / Adult All Ranks						
Regular Class	2:30 - 3:30		2:00 - 3:00		2:00 - 3:00	
	7:30 - 8:30	7:30 - 8:45		7:30 - 8:30	7:00 - 8:00	
Black Belt Club Class		Sparring 8:00 - 8:45		Master Club Sparring 6:15 - 7:15		Combat Cardio 10:00 - 11:00
Leadership						
	Demo Team 7:00 - 8:00		Red Collar / Instructor 7:30 - 8:30		Leadership 5:00 - 5:45 Flips and Tricks 4:00 - 5:00	

The Combat Cardio Karate class is open to members and non members, ages 12 and above. Class price is \$10 for non members



Team Matthews Family Taekwondo Center

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