



ALL-STAR

TAEKWONDO & FITNESS




38-B Paterson Hamburg

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Turnpike,

● TAEKWONDO ● HAPKIDO ● HOSHINSUL ● KUMDO ● YOGA ● TAI CHI

CLASS SCHEDULE

Sunday 8am - 11am	Monday 10am - 9pm	Tuesday 10am - 9pm	Wednesday 10am - 9pm	Thursday 4pm - 9pm	Friday 10am - 8pm	Saturday 7am - 3pm
	10:00 - 11:00 Adults Beginners	10:00 - 11:00 Black Belt Class <small>*Black Belt Ranks* ONLY</small>	10:00-11:00 Adults Beginners		10:00 - 11:00 Adults Beginners	7:00-8:00 Adults Beginners
8:30 - 9:30 Yoga Class Instructor Yin Yao	4:00 - 5:00 Juniors Beginners	4:00 - 5:00 Juniors Beginners	4:00 - 5:00 Children Beginners	4:00 - 5:00 Children Beginners	4:00 - 5:00 Juniors Beginners	8:00 - 9:00 Black Belt Class <small>*Black Belt Ranks* ONLY</small>
	5:00 - 5:30 Pee Wee Beginners (3-5yrs old)	5:00 - 6:00 Children Beginners	5:00 - 6:00 Juniors Beginners	5:00 - 5:30 Pee Wee Beginners (3-5yrs old)	5:00 - 6:00 Children Beginners	9:00-10:00 Adults Beginners
10:00 - 11:00 Intro to Tai Chi Instructor Jody Rubel	5:30 - 6:30 Children Beginners	6:00 - 7:00 DEMO Team Practice <small>*Invitation Only*</small>	6:00 - 7:00 Black Belt Class <small>*Black Belt Ranks* ONLY</small>	5:30 - 6:30 Children Beginners	6:00 - 7:00 Red (5) High <small>*Black Belt Test* Candidate Review Invitation ONLY</small>	10:30 - 11:30 Children Beginners
12:00 - 1:00 Special	7:00 - 8:00 Adults Beginners		6:00 - 8:00 Yoga Class Restorative Instructor Tara Temple		7:00 - 8:00 Adults Beginners	11:30 - 12:00 Pee Wee Beginners (3-5yrs old)
		7:00 - 8:00 Juniors Beginners	7:00 - 8:00 Adults Beginners	7:00 - 8:00 Juniors Beginners		12:30 - 1:30 Children Beginners
		8:00 - 9:00 Adults Beginners	8:00 - 9:00 Intro to Tai Chi Instructor Jody Rubel	8:00 - 9:00 Adults Beginners		1:30 - 2:30 Juniors Beginners

** (ALL Classes on Schedule are Subject to Change) **



COMMITMENT

● DEDICATION ● HEALTH ● FITNESS



ATTENTION: (Students/ Parents/ Family Members)
Please Pick-Up your Child Promptly at the end of their Class Session

• COMMITMENT • DEDICATION • HEALTH • FITNESS • FUN