

ALL-STAR

TAEKWONDO & FITNESS

38-B Paterson Hamburg Turnpike, Riverdale, New Jersey 07457 Tel. (973) 839-4444 email. info@allstartkdfitness.com

TAEKWONDO • HAPKIDO • HOSHINSUL • KUMDO • YOGA

Starting SEPTEMBER 8th, 2026 | FALL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00–5:00 PM Children/Juniors Beginners Ages 5–8	4:00–5:00 PM Children/Juniors Beginners Ages 5–8	9:30–10:30 AM Adults/Juniors Ages 13+	4:00–5:00 PM Children/Juniors Beginners Ages 5–8	5:00–6:00 PM Children/Juniors Beginners <i>Combined Age Group</i>	7:00–8:00 AM Adults/Juniors Ages 13+
5:00–5:40 PM Pee Wee Beginners Ages 3–5	5:00–6:00 PM Juniors/Children Beginners <i>Combined Age Group</i>	5:00–6:00 PM Juniors/Children Beginners <i>Combined Age Group</i>	5:00–5:40 PM Pee Wee Beginners Ages 3–5	6:00–7:00 PM Red (5) High Candidates Review <i>Black Belt Candidates Only</i>	8:00–9:00 AM Assistants & Instructors <i>Invitation Only</i>
6:00–7:00 PM Juniors/Children Beginners Ages 7–11	6:00–7:00 PM Demo Team Practice <i>Invitation Only</i>	6:00–7:00 PM Black Belts Class <i>All Levels Only</i>	6:00–7:00 PM Juniors/Children Beginners Ages 7–11		9:00–10:00 AM Black Belts Class <i>All Levels Only</i>
7:00–8:00 PM Adults/Juniors Ages 13+	7:00–8:00 PM Adults/Juniors Ages 13+	7:00–8:00 PM Adults/Juniors Ages 13+	7:00–8:00 PM Adults/Juniors Ages 13+		10:00–11:00 AM Children/Juniors Beginners <i>Combined Age Group</i>
					11:00–11:40 AM Pee Wee Beginners Ages 3–5
					11:40 AM–12:40 PM Children/Juniors Beginners <i>Combined Age Group</i>

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

COMMITMENT • DEDICATION • HEALTH • FITNESS • FUN