



## CLASS SCHEDULE

**Effective 09/01/2019**

Call (410) 432-2970 or visit [www.MISSIONTKD.com](http://www.MISSIONTKD.com) to Register  
 1244 Ritchie Hwy. Suite 3 Arnold, MD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninjas (3-5)	11:00am	11:00am	4:30pm	1:00pm	4:30pm	9:00am
Gym Ninjas (6+)		6:30pm	4:30pm		5:30pm	9:00am
Ninja Combo (3+)	5:30pm			5:30pm		
Gym Ninja Adv.				7:30pm		
Champ Boxing (6-12)	5:30pm	5:30pm	5:30pm	6:30pm	4:30pm	10:00am
TKD Beg. (5+)	6:30pm	4:30pm	5:30pm	4:30pm	5:30pm	10:00am
TKD Forms (Green Belt - Up)	4:30pm	6:30pm				11:00am*
TKD Sparring (Green Belt - Up)				5:30pm	6:30pm	11:00am*
Comp. and Black Belt (Invite Only)		7:30pm Black Belt	6:30pm Comp.	6:30pm Black Belt		
Muay Thai (13+)	6:30pm	7:30pm		7:30pm	6:30pm	11:00am
Family Fit		12:00pm		12:00pm		
Zumba	7:30pm				7:30pm	

\*=Combo/Multi-Level Classes/Special