



CLASS SCHEDULE

Effective 1/01/2019

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninjas (3-5)		11:00am	4:30pm			9:00am
Gym Ninjas (6+)		6:30pm	4:30pm			9:00am
Little Ninja/Gym Ninja Combo (4+)	*5:30pm			*5:30pm	*4:30pm	
Gym Ninja Adv. (Blue Shirt & Up)		5:30pm		7:30pm		
Champs Boxing (6+)	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