



CLASS SCHEDULE

Effective 1/2/2023

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

Class (Age)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninjas (3-5)	4:30pm		4:30pm		4:30pm	9:00am
Gym Ninjas (6+)		4:30pm	4:30pm	4:30pm		9:00am
TKD Beg. (Kids 6+)	5:30pm	4:30pm	5:45pm	4:30pm	5:30pm	10:15am
TKD Technique (Kids 7+)	6:30pm	5:30pm		5:30pm		11:30am*
TKD Sparring (Kids 7+)		6:30pm		6:30pm	6:30pm	11:30am*
TKD Teen/Adult (13+)		7:30pm		7:30pm		
Champs Boxing (8+)	4:30pm			5:45pm	4:30pm	
Muay Thai (13+)	5:45pm	5:45pm	5:45pm		5:45pm	10:15am
Boxing (13+)		7:00pm		7:00pm		11:30am
Fight Fit (13+)	6:45pm				6:45pm	
Zumba (13+)	7:30pm				7:30pm	
Competition Team (Invite Only)			7:00pm*			

*=Combo/Multi-Level Classes/Special