



MISSION CLASS SCHEDULE

E-mail Info@MissionTKD.com to schedule a free trial class or to schedule a make-up class, and please let us know if you have any questions!

1244 Ritchie Hwy. Suite 3 Arnold, MD

(410) 432-2970

Effective 8/1/2026

Class (Age Required)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Ninjas (4-8)	4:30pm	4:30pm		4:30pm	4:30pm	9:00am
Novice Taekwondo (White-Orange 7+)	4:30pm	4:30pm*	5:30pm	4:30pm*	5:30pm*	10:00am
Cadet Taekwondo (Green-Black 7+)	5:30pm 6:30pm	4:30pm* 5:30pm 6:30pm	6:30pm (Team Practice) 7:30pm*	4:30pm* 5:30pm 6:30pm	5:30pm* 6:30pm	11:00am
Senior Taekwondo (14+ All Colors)		7:30pm	7:30pm*	7:30pm		
Champs Muay Thai & Boxing (7+)		*5:30pm	5:00pm	*5:30pm (Waitlist)	*5:00pm	9:00am
Mission Muay Thai & Boxing (14+)	5:30pm	*6:00pm	6:00pm (Team Practice)	*6:00pm	*5:30pm	10:00am (Team Practice)
Zumba (12+)	7:30pm				7:30pm	

All scheduled classes are filled with various lessons as well as hands-on coaching for all ages and skill levels!

All regular classes can run 45 mins-1 hour long, Mission Muay Thai & Boxing class can run for 2 hours.

(Team Practices are combo classes intended for our team students actively competing in TKD, Muay Thai and Boxing, but can be open to other students as well.)

*=Overlapping Classes