



# Amerson's Taekwondo and Fitness

Effective 9/5/17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:00PM - 4:30PM Little Dragons		4:00PM - 4:30PM Little Dragons		9:30A - 10:00A Little Dragons
5:00PM - 5:45PM TKD - Juniors	4:35PM - 5:20PM TKD - All Ages	4:30PM - 5:15PM TKD - Juniors	4:35PM - 5:20PM TKD - All Ages		10:05A - 10:50A TKD - Juniors
5:50PM - 6:20PM Little Dragons	5:25PM - 6:10PM TKD - All Ages	5:30PM - 6:00PM Little Dragons			10:55A - 11:40A TKD - All Ages
6:25PM - 7:10PM TKD - All Ages		6:05PM - 6:50PM TKD - All Ages			11:45A - 12:30P Strike RIGHT
7:15PM - 8PM TKD - All Ages (Green Belt and Up)	7:00PM - 7:45PM Strike RIGHT	7PM - 7:45PM TKD - Adults and Special Topics			
8:05PM - 8:50PM Strike RIGHT - Women					

## About Classes

**Little Dragons** – These classes are for ages 4 to 6 teaching basic Taekwondo skills in a fun environment.

**Family Taekwondo** - Our signature program for students 6+ offers a variety of classes to teach traditional martial arts.

- **Juniors** – Taekwondo classes that are tailored to 6 to 12 year olds. Older students may attend as student leadership.
- **All Ages** – Taekwondo classes for all ages.
- **Adults and Special Topics** – Adults only classes. Students aged 12 and up may attend by special invitation of Master Amerson.

**Strike RIGHT Self-Defense**- Adult self-defense in a casual environment that blends ideas from Taekwondo, boxing, Filipino martial arts, and Jiu-jitsu for a comprehensive approach.

*Once a week, Strike RIGHT is Women only to focus on women's self-defense specific issues.*