



2013-2014 Martial Arts Class Schedule

133 Gibraltar Avenue, Annapolis, MD . 410 - 263 - 0050

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00	B2B Crunch				B2B Crunch	9+ workout
8:30	B2B Strength				B2B Strength	
9:00	Adult TKD	B2B Morning	Adult TKD	B2B Morning	Adult SD	B2B Morning
9:30		Power	Yoga II	Power		Power
10:00						
10:30				Tiger Tots		
11:00						
11:30			Yoga			
12:00			Gentle (ends 12:45)			
12:30						
1:00				Tiger Tots		
1:30						
4:00	Lil' Dragon	Lil' Dragon	Tiger Tots	Lil' Dragon	Lil' Dragon*	Lil' Dragon
4:30	Big Dragon	Lil' Dragon	Big Dragon	Lil' Dragon	Big Dragon	Lil' Dragon
5:00	Beg. 9+ TKD	Big Dragon	Beg. 9+ TKD	Big Dragon	Beg. 9+ TKD	Big Dragon
5:30	(ends 5:45)	Yoga I	(ends 5:45)	(ends 5:45)	Yoga I/II	(ends 5:45)
6:00	Int./Adv	(5:45-6:45)	Int./Adv	Int./Adv	Int./Adv	Int./Adv
6:30	TKD		TKD	TKD	TKD	TKD
7:00	Capoeira	Yoga I/II	Adult TKD	Capoeira	Yoga II/III	Adult TKD
7:30		(7:00-8:15)			(7:15-8:45)	
8:00						Workout
8:30						