



# JC TAEKWONDO AND KICKBOXING ACADEMY

201-333-1006

www.JCTKD.com

Changes made in **RED** effective January 18, 2016

## TAEKWONDO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>After School Martial Arts</b>	3:00pm-6:00pm Pick-up included	3:00pm-6:00pm Pick-up included	3:00pm-6:00pm Pick-up included	3:00pm-6:00pm Pick-up included	3:00pm-6:00pm Pick-up included	---	---

Save time and money! Afterschool program includes pick-up, Taekwondo training, uniform and registration!

<b>Little Dragons White - Green Age 3-5</b>	4:00pm-4:45pm	---	4:00pm-4:45pm	---	---	9:00am-9:45am	---
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Specifically designed classes for the little ones. A fun approach to a traditional Martial Art! White through green stripe belts.

<b>Little Dragons Blue - Black Age 3-5</b>	---	---	5:00pm-5:45pm	---	---	8:00am-8:45am	---
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Specifically designed classes for the little ones. A fun approach to a traditional Martial Art! Blue stripes through black stripes.

<b>Juniors White-Green Stripe</b>	5:00pm-5:50pm	5:00pm-5:50pm	6:00pm-6:50pm	4:00pm-4:50pm	5:00pm-5:50pm	10:00am-10:50am	10:00am-10:50am
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Beginner classes ages 6 and up! White through Green Stripe belt.

<b>Jr. Black Belt Club Green-Red Stripe</b>	---	4:00pm-5:00pm	---	5:00pm-6:00pm	4:00pm-5:00pm Sparring Day	11:00am-12:00pm	---
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This class is advanced by invitation only and requires sparring gear! Solid Green through Red Stripe Belts.

<b>Sr. Black Belt Club Red-Black</b>	6:00pm-7:00pm	---	7:00pm-8:00pm Sparring Day	---	6:00pm-7:00pm	11:00am-12:00pm	---
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This class is advanced by invitation only and requires sparring gear! Solid Red through Black Belts.

<b>Masters Club (Black Belts Only)</b>	---	6:00pm-7:00pm	---	6:00pm-7:00pm	---	---	---
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Reserved for Black Belt Training.

<b>Enrichment Class</b>	---	---	---	---	7:00pm-8:00pm	---	---
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Exclusive program for children with special needs!

<b>Teens and Adults</b>	---	7:00pm-8:00pm	---	7:00pm-8:00pm	---	1:30pm-2:30pm	11:00am-12:00pm
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Taekwondo for teens and adults!

## KICKBOXING

<b>Kickboxing</b>	7:15pm-8:15pm	8:15pm-9:15pm	8:15pm-9:15pm	8:15pm-9:15pm	---	12:30pm-1:30pm	09:00am-10:00am
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High-energy, one hour kickboxing classes that offer the most effective work-out from beginners to advanced.

**Ask about our Birthday Parties and Private Lessons!**