



JC TAEKWONDO AND KICKBOXING ACADEMY

201-333-1006 www.JCTKD.com

Changes made in **RED** effective January 7th, 2019

TAEKWONDO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
After School Martial Arts	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!							
Trial Lesson Appointments	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	3:00pm-4:00pm	2:15pm-3:00pm	1:30pm-2:30pm
Time slots available for new trial lessons.							
Personal Training Appointments	Ask About Availability	Ask About Availability	8:00pm-9:00pm	Ask About Availability	8:00pm-9:00pm	Ask About Availability	Ask About Availability
Time slots available for new private lessons.							
Little Dragons White - Green Age 3-5	4:00pm-4:45pm	---	4:00pm-4:45pm	---	---	9:00am-9:45am	---
Specifically designed classes for the little ones. A fun approach to a traditional Martial Art! White through green stripe belts.							
Little Dragons Blue - Black Age 3-5	5:00pm-5:50pm	---	5:00pm-5:45pm	---	---	8:00am-8:45am	---
Specifically designed classes for the little ones. A fun approach to a traditional Martial Art! Blue stripes through black stripes.							
Juniors White-Green Stripe	6:00pm-7:00pm	5:00pm-5:50pm	6:00pm-6:50pm	4:00pm-4:50pm	5:00pm-5:50pm	10:00am-10:50am	9:00am-9:50am
Beginner classes ages 6 and up! White through Green Stripe belt.							
Jr. Black Belt Club Green-Red Stripe	---	4:00pm-5:00pm	---	5:00pm-6:00pm	4:00pm-5:00pm Sparring Day	11:00am-12:00pm	10:00am-10:50am Sparring Day
This class is advanced by invitation only and requires sparring gear! Solid Green through Red Stripe Belts.							
Sr. Black Belt Club Red-Black	7:00pm-8:00pm	---	7:00pm-8:00pm Sparring Day	---	6:00pm-7:00pm	11:00am-12:00pm	10:00am-10:50am Sparring Day
This class is advanced by invitation only and requires sparring gear! Solid Red through Black Belts.							
Demo Team (Red belt and above or by invite)	---	6:00pm-7:00pm	---	6:00pm-7:00pm	---	---	---
Reserved for Black Belt Training.							
Enrichment Class	Ask about our Private Lessons	Ask about our Private Lessons	Ask about our Private Lessons	Ask about our Private Lessons	7:00pm-8:00pm	Ask about our Private Lessons	Ask about our Private Lessons
Exclusive program for children with special needs!							
Teens and Adults	---	7:00pm-8:00pm	---	7:00pm-8:00pm	---	1:15pm-2:15pm	10:00am-10:50am Sparring Class 11:00am-12:00pm Regular Class
Taekwondo for teens and adults!							
Black Belts	---	---	---	---	8:00pm-9:00pm	---	---
Special training class for Black Belts.							
SPECIAL OPS KICKBOXING							
Special Ops Kickboxing	---	8:15pm-9:15pm	---	8:15pm-9:15pm	---	12:15pm-1:15pm	12:15pm-1:15pm
High-energy, one hour kickboxing classes that offer the most effective work-out from beginners to advanced.							
Birthday Parties	ASK ABOUT OUR BIRTHDAY PARTIES!	ASK ABOUT OUR BIRTHDAY PARTIES!	ASK ABOUT OUR BIRTHDAY PARTIES!	ASK ABOUT OUR BIRTHDAY PARTIES!	ASK ABOUT OUR BIRTHDAY PARTIES!	ASK ABOUT OUR BIRTHDAY PARTIES!	ASK ABOUT OUR BIRTHDAY PARTIES!
Book a fun and exciting Taekwondo party for your child any Saturday or Sunday!							