

Current NWMA 2009 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids TKD (5-7) Yellow Belt and Up 4:00 pm to 4:45 pm	Kids TKD (5-7) White Belt to Yellow Stripe 4:00 pm to 4:45 pm	Kids TKD (5-7) Yellow Belt and Up 4:00 pm to 4:45 pm	Kids TKD (5-7) White Belt to Yellow Stripe 4:00 pm to 4:45 pm	Black Belt Club Youth Only 4:00 pm to 4:45 pm	Kids TKD (5-7) White Belt and Up 9:30 am to 10:15 am
Youth TKD (7-13) Yellow Belt to Green Belt 4:45 pm to 5:30 pm	Youth TKD (7-13) White Belt to Yellow Stripe 4:45 pm to 5:30 pm	Youth TKD (7-13) Yellow Belt to Green Belt 4:45 pm to 5:30 pm	Youth TKD (7-13) White Belt to Yellow Stripe 4:45 pm to 5:30 pm	Black Belt Club Youth and Adults 4:45 pm to 5:30 pm	Youth TKD (7-13) Adult TKD White Belt and Up 10:15 am to 11:00 am
Youth TKD (7-13) Blue Stripe Plus 5:30 pm to 6:15 pm	Youth TKD (7-13) Red Stripe plus 5:30 pm to 6:15 pm	Youth TKD (7-13) Blue Stripe Plus 5:30 pm to 6:15 pm	Youth TKD (7-13) Red Stripe plus 5:30 pm to 6:15 pm		Adult Cardio-Kickboxing/ Boot Camp 11:00 am to 12:00 pm
TKD Sparring Youth and Adult 6:15 pm to 7:00 pm	Youth TKD (7-13) White Belt Plus 6:15 pm to 7:00 pm	Kids TKD (5-7) White Belt Plus 6:15 pm to 7:00 pm	Youth TKD (7-13) White Belt Plus 6:15 pm to 7:00 pm		TKD Sparring Youth and Adult 12:00 pm to 1:00 pm
Adult Brazilian Jiu-Jitsu 7:00 pm to 8:00 pm	Adult Cardio-Kickboxing/ Boot Camp 7:00 pm to 8:00 pm	Adult Brazilian Jiu-Jitsu 7:00 pm to 8:00 pm	Adult Cardio-Kickboxing/ Boot Camp 7:00 pm to 8:00 pm		Black Belt Club Youth and Adults 1:00 pm to 2:00 pm
Adult TKD White to Yellow 8:00 pm to 9:00 pm	Adult TKD Green Stripe and Up 8:00 pm to 9:00 pm	Adult TKD White to Yellow 8:00 pm to 9:00 pm	Adult TKD Green Stripe and Up 8:00 pm to 9:00 pm		

Yellow fields indicate "Beginner" friendly classes.