



FUSION KIDS 8-12YRS.

The Fusion kids class is a moderate to high impact mixed martial art class combining aspects from TKD, Muay Thai kickboxing, Western Boxing, Jiu Jitsu, Escrima, and Street Wise self defense. Right from the beginning you'll receive the very best in martial arts training provided by our highly skilled and energetic staff. Your commitment to training from White to Black Belt will truly be an inspiration for friends and family alike.

BG = BEGINNER / FSK101 (White – Gold) IN = INTERMEDIATE /FSK201 (Green – Blue)
AD = ADVANCED /FSK301(Blue-Black - Red) BK = BLACK BELT / FS401 AL = All Levels

Monday	Tuesday	Weds.	Thursday	Friday	Saturday	Sunday
4:00 BG		4:00 BG				
4:45 IN	4:00 IN	4:45 IN	4:00 IN		9:30AM BG	
5:30 AD	4:45 AD	5:30 AD	4:45 AD	N/A	10:15AM IN/AD	N/A
7:30 BK	5:45 BG	7:30 BK	5:45 BG			

PREREQUISITES: Must have completed an intro lesson. No Prior Experience Needed for BG classes. See Enrollment Policies.

FAMILY KICKS TKD

Olympic Style Taekwondo classes focus on kicking/footwork, forms, conditioning, core, and board breaking. Students will build flexibility and increase core strength in these dynamic classes. Korean culture and Taekwondo history are taught, along with the use of Modern Training Methods. Competition opportunities are available for students who wish to take their performance to the next level.

BG = BEGINNER / FK101 (White) ABG = Advanced Beginner (Yellow – Green) IN = INTERMEDIATE / FK201 (Blue - Red) AD = ADVANCED / FK301(Brown – Black) BK = BLACK BELT / FK401 AL = All Levels

Monday	Tuesday	Weds.	Thursday	Friday	Saturday	Sunday
3:30 BG	4:15 BK/BR	3:30 BG	4:15 BK/BR		11:00AM Y/G	
4:15 Y/G	5:00 BL/RD	4:15 Y/G	5:00 BL/RD		11:45AM	
6:30 BK	6:45 BG	6:30 BK	6:45 BG	N/A	BL/RD/BR	N/A
7:30 BL/RD/BR	7:15 Y/G	7:30 BL/RD/BR	7:15 Y/G		12:30PM	
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PREREQUISITES: Must have completed an intro lesson. No Prior Experience Needed for BG classes. See Enrollment Policies. Proper equipment required for sparring classes.

WARRIOR JUNIORS 6-7YRS.

Not your ordinary martial arts class! Our team of enthusiastic instructors will teach your 6 to 7 year old child valuable life lessons using martial arts as a vehicle. The Warriors will learn about respect, confidence, focus, and self control in a FUN environment, fueled by an age appropriate mix of TaeKwonDo, Kickboxing, and street wise self defense.

BG = BEGINNER / WJ101 (White – Gold) IN = INTERMEDIATE /WJ201 (Green – Blue)
AD = ADVANCED /WJ301(Brown - Red) AL = All Levels

Monday	Tuesday	Weds.	Thursday	Friday	Saturday	Sunday
12:30PM AL		12:30PM AL				
3:45 BG	3:45 IN/AD	3:45 BG	3:45 IN/AD		9:30AM BG	
5:00 IN/AD	4:30 BG	5:00 IN/AD	4:30 BG	N/A	10:15AM IN/AD	N/A
6:30 AL		6:30 AL				

PREREQUISITES: Students need to meet the minimum age requirement and have gone through an introductory lesson or be approved by an instructor when age is in question.

LIL' WARRIORS 3-5YRS.

Much like the Warrior Juniors, this is not your ordinary martial arts class! That same team of enthusiastic instructors will teach your 3 to 5 year old child valuable life lessons using the martial arts as a vehicle. The Lil' Warriors will learn about respect, confidence, focus, and self control in a way they can understand and begin to use at home and eventually school!

BG = BEGINNER / LW101 (White – Gold) IN = INTERMEDIATE /LW201 (Green – Blue)
AD = ADVANCED /LW301(Brown - Red) AL = All Levels

Monday	Tuesday	Weds.	Thursday	Friday	Saturday	Sunday
12:00PM AL		12:00PM AL				
4:30 AL	5:15 AL	4:30 AL	5:15 AL		9:00AM AL	
6:00 AL		6:00 AL		N/A		N/A

PREREQUISITES: Students need to meet the minimum age requirement and have gone through an introductory lesson or be approved by an instructor when age is in question.