



CHOE'S HAP KI DO



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHILDREN CLASS (4yrs - 10yrs)						
No Belt -- White Belt	4:30 PM	5:30 PM	4:30 PM	5:30 PM		11:40 AM
Yellow Belt - Blue Belt	5:30 PM		5:30 PM		4:30 PM	11:40 AM
Blue Belt - Black Belt		4:30 PM		4:30 PM	5:30 PM	11:40 AM
Little Ninja's (3 Yrs. Old)			4:00 PM		4:00 PM	
FAMILY CLASS 11Yrs and Up (Under 11Yrs must be with parent)						
All Ranks		6:30 PM	6:30 PM	6:30 PM	6:30 PM	10:50 AM
ADULT CLASS (15 yrs and up)						
All Ranks	7:30 PM	8:20 PM		8:20 PM	7:30 PM	10:50 AM
I Love Kickboxing Class	6:30 PM	7:30 PM	7:30 PM	7:30 PM		
	10:00 AM	12 Noon		12 Noon	10:00 AM	10:00 AM
Zumba		10:30 AM		10:30 AM		9:00 AM
Health and Wellness Class						8:00 AM
Adult Leadership Team Training	8:20 PM		8:20 PM			
	(Grayson)		(Forsyth)			
BIRTHDAY PARTIES	Ask the office about our Birthday Parties !!!					4:00 or 7:00 PM
SPECIAL CLASSES						
Chung Mu Weapons Class						12:30 PM
Performance Demo Team Class						1:00 PM
Fighting Eagles Class	8:20 Forsyth		8:20 Grayson			1:30 PM
Jr. Instructor Class						2:00 PM
Black Belt Class	Friday before Belt Test				8:20 PM	
Private Lessons	By Appointment only					

* Class will be canceled for major tournaments, holidays, belt tests, and other events. If there are any schedule concerns, please contact the office.

* You should arrive 10-15 minutes prior to class for personal warm-up. Please prepare for class quietly.



WWW.CHOESHAPKIDO.COM



Cumming (678) 513-5436

Grayson (678) 376-5400

