

**584 W. Ann Arbor Trail, Plymouth, Michigan**

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## **TEEN/ADULT CLASS – (All Ranks)**

- Monday 5:30-7:30pm (*sport TKD, white belt and above*)
- Tuesday: 7:00-7:45pm (*traditional curriculum class*)
- Wednesday: 5:30-6:45pm (*recreational sparring class*) \*main gym\*
- Wednesday: 5:30-7:30pm (*sport TKD, white belt and above*) \*garage\*
- Thursday: 7:00-7:45pm (*traditional curriculum class*)
- Saturday: 10:00-10:45am (*TKD conditioning*)

**STUDENTS SHOULD ALWAYS BRING ALL GEAR TO CLASSES, AS WELL AS SECURE SHOES IN CASE WE TRAIN OUTSIDE IN THE SUMMER.**