

Spring 2010 Class Schedule

540-951-0055 / www.abbottstk.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Closed	11am Teen/Adult 4:00-4:30 Dragons	4:00-4:30 Private Lessons	11am Teen/Adult 4:00-4:30 Dragons	4:00-4:30 Private Lessons		
Closed	4:30-5:15 All Juniors	4:30-5:15 All Juniors	4:30-5:15 All Juniors	4:30-5:15 All Juniors	5:00-5:30 Brown-Black Juniors Board Breaking	10:00-11:00 All Juniors
Closed	5:15-6:00 Purple-Black Juniors	5:15-6:00 White-Sr. Green Juniors	5:15-6:00 Purple-Black Juniors	5:15-6:00 White-Sr. Green Juniors	5:30-6:30 Adults Black Belts	11:00-12:00 All Adults
Closed	6:00-7:00 Cardio	6:00-7:00 Cardio	6:00-7:00 Cardio	6:00-7:00 Cardio	6:30-7:30 Fight Night	12:00-1:00 Cardio
Closed	7:00-8:00 White-Sr. Blue Teen/Adult	7:00-8:00 Teen/Adult TKD	7:00-8:00 Brown-Black Teen/Adult	7:00-8:00 Teen/Adult TKD		
Closed	8:00-8:45 Brown-Black Teen/Adult		8:00-8:45 White-Sr. Blue Teen/Adult			