



# PARAGON MARTIAL ARTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<b>KICKBOXING CLASS</b> 9:00 am to 9:45 am. <b>COMPETITION TEAM GROUP 1</b> 10:00 am to 10:45 am <b>COMPETITION TEAM GROUP 2</b> 11:00 am to 11:45 am <b>LITTLE BEES CLASS</b> 12:00 pm to 12:30 pm <b>TKD ADULT CLASS</b> 12:45 pm to 1:30 pm	CLOSED / EVENTS
<b>BASIC CLASS</b> 5:15pm to 6:00 pm	<b>BASIC/ CORE COMBINED CLASS</b> 5:15pm to 6:00 pm	<b>BASIC CLASS</b> 5:15pm to 6:00 pm	<b>BASIC/ CORE COMBINED CLASS</b> 5:15pm to 6:00 pm			
<b>CORE CLASS</b> 6:15 pm to 7:00 pm	<b>SPECIALTY CLASS - SPARRING</b> 6:15 pm to 7:00 pm	<b>CORE CLASS</b> 6:15 pm to 7:00 pm	<b>LITTLE BEES CLASS</b> 6:10 pm to 6:40pm			
<b>CADET CLASS</b> 7:15 pm to 8:00 pm	<b>KICKBOXING CLASS</b> 7:15 pm to 8:00 pm	<b>CADET CLASS</b> 7:15 pm to 8:00 pm	<b>KICKBOXING CLASS</b> 7:15 pm to 8:00 pm			
<b>HIGH PERFORMANCE SPARRING</b> 8:00 pm to 9:00 pm		<b>HIGH PERFORMANCE SPARRING</b> 8:00 pm to 9:00 pm				