



# **WILD TIGER TAE KWON DO KARATE & FITNESS**

## **March Class Schedule**

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### **MONDAY**

**1:00-2:00PM** Martial Arts HOMESCHOOL Group

**4:00-5:00PM** TINY TIGERS

### **TUESDAY**

**12:00-2:00PM** Wing Chun

**1:00-2:00PM** HOMESCHOOL TEENS Weight Training

**5:00-6:00PM** Kids/Adults Martial Arts

**6:00-7:00PM** Adults Martial Arts

**8:00-9:00PM** Wing Chun/Tai Chi

### **WEDNESDAY**

**1:00-2:00PM** HOMESCHOOL Group Martial Arts

**4:00-5:00PM** TINY TIGERS

### **THURSDAY**

**12:00-2:00PM** Tai Chi

**1:00-2:00PM** HOMESCHOOL TEENS Weight Training

**5:00-6:00PM** Kids/Adults Martial Arts

**6:00-7:00PM** Adults Martial Arts

**8:00-9:00PM** Wing Chun/Tai Chi

### **FRIDAY**

**4:00-5:00PM** TINY TIGERS

### **SATURDAY**

**10:00-11:00AM** Kids/Adults Martial Arts

**11:15-12:00PM** Sparring for Competition Tournaments

**12:15-1:00PM** Weapons Training for Tournaments

### **SPECIAL EVENTS**

**1:30-3:00PM** Somatic Trauma Release Breathwork (once a month - **MARCH 15<sup>th</sup>**)

**5:00PM-9:00PM** WING CHUN for Masters with Sifu Jonathan Derksen - **MARCH 20<sup>th</sup>**  
(INVITATION ONLY)

**HOMESCHOOLERS MUST BE REGISTERED BEFORE ATTENDING FIRST CLASS**

**FOR MORE CLASS INFORMATION PLEASE VISIT**

**TONYSWTTK.COM**

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