



WILD TIGER TAE KWON DO KARATE & FITNESS

August Class Schedule

MONDAY

1:00-2:00PM Homeschool Teens TaeKwonDo Class

4:00-5:00PM TINY TIGERS

TUESDAY

4:00-5:00PM BLACK BELT CLUB 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

4:00-5:00PM TINY TIGERS

THURSDAY

4:00-5:00PM BLACK BELT CLUB 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

11:00-12:00PM OPEN FLOOR / WEIGHT TRAINING

SPECIAL EVENTS

1:30-3:00PM Somatic Trauma Release Breathwork with Dr. Kimberly Albarran **Saturday August 22nd**

ONE-ON-ONE SESSIONS BY APPOINTMENT

FRIDAYS - SUNDAYS Flexibility & Mobility with Tara Reck

FOR MORE CLASS INFORMATION PLEASE VISIT

TONYSWTTK.COM

601 Miller Valley Rd Prescott, AZ 86301 | PH: 928-308-2286