



WILD TIGER TAE KWON DO KARATE & FITNESS

July Class Schedule

MONDAY

9:00-3:00PM SUMMERCAMP
4:00-5:00PM TINY TIGERS

WEDNESDAY

9:00-3:00PM SUMMERCAMP
4:00-5:00PM TINY TIGERS

FRIDAY

4:00-5:00PM TINY TIGERS

TUESDAY

9:00-3:00PM SUMMERCAMP
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

THURSDAY

9:00-3:00PM SUMMERCAMP
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

SATURDAY

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

SPECIAL EVENTS

1:30-3:00PM Somatic Trauma Release Breathwork with Dr. Kimberly Albarran **Saturday July 18th**

ONE-ON-ONE SESSIONS BY APPOINTMENT

TUESDAYS & SATURDAYS Weight Training with Rich Johnson

FRIDAYS - SUNDAYS Flexibility & Mobility with Tara Reck

FOR MORE CLASS INFORMATION PLEASE VISIT

TONYSWTTK.COM

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