



WILD TIGER TAE KWON DO KARATE & FITNESS

June Class Schedule

MONDAY

- 9:00-3:00PM** SUMMERCAMP
- 1:00-2:00PM** Homeschool Martial Arts
- 4:00-5:00PM** TINY TIGERS

WEDNESDAY

- 9:00-3:00PM** SUMMERCAMP
- 1:00-2:00PM** Homeschool Martial Arts
- 4:00-5:00PM** TINY TIGERS

FRIDAY

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

SPECIAL EVENTS

- 1:30-3:00PM** Somatic Trauma Release Breathwork with Dr. Kimberly Albarran **Saturday June 13th**

ONE-ON-ONE SESSIONS BY APPOINTMENT

- TUESDAYS & SATURDAYS** Weight Training with Rich Johnson
- FRIDAYS - SUNDAYS** Flexibility & Mobility with Tara Reck

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

FOR MORE CLASS INFORMATION PLEASE VISIT

TONYSWTTK.COM

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