



WILD TIGER TAE KWON DO KARATE & FITNESS

February class schedule

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

SUNDAY

10:00-11:20AM YOGA Coherence

1:30-3:00PM Somatic Trauma Release Breathwork (once a month - FEBRUARY 15th)

FOR MORE CLASS INFORMATION PLEASE VISIT

TONYSWTTK.COM

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