

LOCATION: ATOMIC TAE KWON DO 22 CLINTON AVE. HUNTINGTON 11743 631-470-7824

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00-10:50	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	ALL AGES SPARRING	
11:00-11:50	CARDIO TAE KWON DO	KIDS UNDER 7 ALL BELTS	KIDS UNDER 7 ALL BELTS	PRIVATE CLASS NO STUDENTS	KIDS UNDER 7 ALL BELTS	KIDS UNDER 7 ALL BELTS	
12:00—12:50	TRIAL CLASSES	AFTER SCHOOL PLAYTIME	AFTER SCHOOL PLAYTIME	KIDS UNDER 7 ALL BELTS	AFTER SCHOOL PLAY TIME	KIDS UNDER 7 GREEN AND ABOVE	
1:00-1:50	KIDS UNDER 7 ALL BELTS	AFTER SCHOOL PLAYTIME	AFTER SCHOOL PLAYTIME	CARDIO TAE KWON DO	AFTER SCHOOL PLAY TIME	FAMILY CLASS KIDS 7-12	
2:00-2:50	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	TEENS/ADULTS	
<u>3:10-3:50</u>	KIDS 7-12 TEENS /ADULTS FORMS/ 1 STEP	KIDS 7-12 TEENS /ADULTS JUI-JITSU	KIDS UNDER 7 ALL BELTS	KIDS 7-12 TEENS /ADULTS STICKS	UNDER 7 WHITE-YELLOW ORANGE		
4:00-4:50	RED BELTS ABOVE	KIDS UNDER 7 ALL BELTS	KIDS 7-12	KIDS UNDER 7 ALL BELTS	KIDS 7-12 WEAPONS CLASS		
5:00-5:50	KIDS UNDER 7 ALL BELTS	KIDS 7-12	KIDS UNDER 7 ALL BELTS	RED BELTS ABOVE	KIDS UNDER 7 ALL BELTS		
6:00-6:50	FAMILY CLASS KIDS 7-12	GREEN AND ABOVE TEENS/ADULTS	FAMILY CLASS KIDS 7-12	GREEN /ABOVE TEENS/ADULTS (ADV. KICKING)	KIDS UNDER 7 GREEN AND ABOVE		
7:00-7:50	CLOSED	CARDIO TAE KWON DO	TEEN/ADULT SPARRING	CARDIO TAE KWON DO	FAMILY CLASS KIDS 7-12		
8:00-8:50	CLOSED	TEENS ADULTS	TEENS/ADULTS SELF-DEFENCE	TEENS ADULTS	CLOSED		