


Atomic Tae Kwon Do/Maestri di Musica / phone# 631-470-7824 / 8 E Carver St Huntington, NY / www.atomictaekwondo.com

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
2:00-3:00	Afterschool Program Option #1: Van Pick up from your school and 2.5hrs program at Atomic TKD (choose any # of days) Option #2: Drop Off at Atomic TKD and 2.5hrs activites (choose any # of days) (each program is Tae Kwon Do based: class included every day; <u>extended time available</u>)									
3:00-4:00										
4:00-4:40	PRIVATE	RED BELTS AND ABOVE	UNDER 7 White-Yellow Orange	PRIVATE	PRIVATE	7-12 White-Yellow Orange	UNDER 7 White-Yellow Orange	PRIVATE	PRIVATE	UNDER 7 White-Yellow Orange
4:40-5:20	UNDER 7 White-Yellow Orange	PRIVATE	PRIVATE	UNDER 7 Green-Blue Purple	RED BELTS AND ABOVE	UNDER 7 Green-Blue Purple	7-12 TEENS / ADULTS Green & Above	UNDER 7 Green-Blue Purple	7-12 TEENS/ADULTS White-Yellow Orange	UNDER 7 Green-Blue Purple
5:20-6:00	UNDER 7 Green-Blue Purple	7-12 TEENS/ADULTS White-Yellow Orange	7-12 TEENS/ADULTS White-Yellow Orange	7-12 TEENS/ADULTS Green & Above	UNDER 7 White-Yellow Orange	7-12 TEENS/ADULTS GREEN-BLUE PURPLE	7-12 TEENS/ADULTSW hite-Yellow Orange	DEMO TEAM	FAMILIES ONLY	7-12 TEENS / ADULTS Green & Above
6:00-6:50	FAMILIES ONLY	7-12 TEENS / ADULTS Green & Above	PRIVATE	TEENS/ADULTS ALL BELTS	TEENS/ADULTS ALL BELTS	GRAPPLING	CHILDREN CARDIO	ADULTS ONLY CARDIO	PRIVATE	Black Belt training
7:00-7:50	CLOSED	CLOSED	Black Belt training	ADULTS ONLY CARDIO	CLOSED	SPARRING ALL AGES	PRIVATE	7-12 TEENS/ADULTS ALL BELTS	CLOSED	CLOSED
SATURDAY	10:00-10:50	11:00-11:40	11:40-12:20	12:20-1:00	1:00-1:50	1pm or 2pm BELT TEST SCHEDULED EVERY 6-8 WEEKS (please refer to testing board)	BIRTHDAY PARTIES (Reserve in the office)	PARENTS NIGHT OUT PARTIES TBA	HAPPY TRAINING!!!! 	
MAT 1	CLOSED	UNDER 7 White-Yellow Orange	PRIVATE	TEENS/ADULTS ALL BELTS	PRIVATE					
MAT 2	SPARRING ALL AGES	UNDER 7 Green-Blue Purple	7-12 TEENS/ADULTS White-Yellow Orange	FAMILIES ONLY	7-12 TEENS/ADULTS Green & Above					