

Gary Stevens TaeKwonDo

201 670-7263

FALL 2009

Martial Arts and Fitness Center

fax: (201) 652-8925

Class Schedule

236 Rock Road, Glen Rock, NJ 07452

e-mail: StevensTKD@aol.com

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|---|---|--|---|--------------------------------|--|---|
| 9:00 AM | PERSONAL TRAINING AVAILABLE THROUGHOUT THE DAY - CALL FOR TIMES Self-Defense / TaeKwonDo / Fitness | | | | | Little Warriors Ages: 2 & 3 9:30 to 10:15 | ADULTS Teens TaeKwonDo 8am to 9:30 |
| 10:30 AM | www.StevensTaeKwonDo.com | | | | | Mighty Rangers Ages 4 & 5 | |
| 11:45 AM | | | | | | WHITE BELTS 11:45 to 12:45 | |
| 1:00 PM | | | | | | ADVANCED CLASS 1:00 to 2:30 BLUE & Up | |
| 4:00 to 5:00 | BEGINNERS White Belts | Mighty Rangers Ages 4 & 5 | 5:30 - 6:30 | Yellow/Green Blue | ALL COLOR BELTS | | |
| 5:00 to 6:00 | ALL COLOR BELTS | Yellow/Green Blue | ALL COLOR BELTS | BEGINNERS White Belts | SPECIAL CLASS for ADHD Kids | Yellow/Green/Blue 2:30 to 3:30 | |
| 6:00 to 7:00 | Available for Private Lessons | TEENS & High Belts Available for Private Lessons | Available for Private Lessons | TEENS & High Belts Available for Private Lessons | | 5:00 - 6:30 Reserved for BIRTHDAY PARTIES | |
| 7:30 to 9:00 | ADULTS Teens TaeKwonDo to 9:00 pm | | ADULTS Teens TaeKwonDo to 9:00 pm | | | Schedule subject to change without notice | Effective 08/31/2009 |