

# Gary Stevens TaeKwonDo

201 670-7263

**FALL & WINTER**

Martial Arts and Fitness Center

fax: (201) 652-8925

2009/2010 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	<a href="http://www.StevensTaeKwonDo.com">www.StevensTaeKwonDo.com</a>					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	Available for Private Lessons	Yellow/Green/Blue 2:30 to 4:00	
6:00 to 7:00	Available for Private Lessons	High Belt Class	Available for Private Lessons	High Belt Class		5:00 - 6:30 Reserved for BIRTHDAY PARTIES	
7:00 to 8:00		BEGINNERS White Belts ADULTS & Children 6 & up		BEGINNERS White Belts ADULTS & Children 6 & up			
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 11/16/2009