

FIGHTING... For Your Health
Master O

Private Lessons
By Appt.

Schedule Eff't:
11-21-11

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DAYHAN

HOLISTIC MARTIAL ARTS

www.DayHan.com
[Facebook.com/DayHanMartialArts](https://www.facebook.com/DayHanMartialArts)

<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THUR</u>	<u>FRI</u>
4:15 – 5:00 Kids' Review By Mary White – Dk Blue				4:15 – 5:00 Test Review Only Friday Before Test By Mary
5:00 – 5:45 6-8 yrs Kids White – Lt. Green	5:00 – 5:45 4-5 yrs Kids Little Tigers	5:00 – 5:45 Kids' Review By Mary Purple & Up		5:00 – 5:45 6 yrs & Up Kids Lt Green & Up
5:45 – 6:30 6-8 yrs Kids Dk Green & Up	5:45 – 6:30 6-8 yrs Kids White – Lt Green	5:45 – 6:30 5-7 yrs (No Little Tigers) All Belts	5:45 – 6:30 5 yrs & Up (No Little Tigers) White – Lt Green	5:45 – 6:30 8 yrs & Up Kids All Belts
6:30 – 7:15 9 & Up Kids Red/Black & Up	6:30 – 7:15 6 yrs & Up Kids Dk Green & Up	6:30 – 7:15 8 yrs & Up Kids All Belts	6:30 – 7:15 Kids Black Belts ONLY	6:30 – 7:15 PRIVATE LESSON
7:15 – 8:00 Tai Chi & Ki Gong	7:15 – 8:15 Gong Kwon Yusul By Chris	7:15 – 8:00 Tai Chi & Ki Gong	7:15 – 8:00 Tai Chi & Ki Gong	Tests are the 2 nd Saturday of every month. Make-up test the following Monday at 6 pm
8:00 – 9:00 Adult Tae Kwon Do Intermediate	8:15 – 9:00 PRIVATE LESSON	8:00 – 9:00 Adult Tae Kwon Do Light	8:00 – 9:00 Adult Tae Kwon Do Advanced	

<u>SAT</u>
9:15 – 10:30 Adult Stretch & Strength By Mary
11:30 – 12:15 4-5 yrs Little Tigers
12:30 – 1:15 5-9 yrs (No Little Tigers) All Belts
1:00 – 1:30 Test 2 nd Saturday of every month
1:30 – 2:15 9 & Up Sparring By Chris
2:15 – 3:15 Gong Kwon Yusul By Chris

Note: This Academy is closed on all National Holidays and when Public Schools close due to weather. Please see the full Calendar for all additional closure dates.

OUR MOTTO:

LIVE WITHOUT FEAR...TO FIGHT THE GOOD FIGHT!