



**USA SPIRIT CHRISTIAN
TAE KWON DO ACADEMY**

CORMAX FITNESS CENTER



Revised Class Schedule - (effective January 2, 2008)

	Mon	Tues	Wed	Thurs	Fri	Sat
Moorhead	1:00 - 1:45	1:00 - 1:45	-	1:00 - 1:45	-	9:00 - 10:00 ADULT
	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	4:00 - 4:45	10:15 - 11:00
	5:00 - 5:45	5:00 - 5:45	5:00 - 5:45	5:00 - 5:45	5:00 - 5:45	11:00 - 11:45 (BB)
	6:00 - 6:45	6:00 - 6:45	6:00 - 6:30 (NT)	6:00 - 6:45 #	-	11:45 - 12:15 (W) 12:15 - 12:45 (S)
	-	6:45 - 7:45 (BB)	-	-	-	-

	Mon	Tues	Wed	Thurs	Fri	Sat
Hawley	3:15 - 4:00 After School Program	-	-	-	-	-
	6:00 - 7:30	-	-	-	-	-

	Mon	Tues	Wed	Thurs	Fri	Sat
Hitterdal	-	-	-	6:30 - 7:30	-	-

All classes are "all ages and all levels" unless otherwise noted

- ADULT - Adults 16 and older class
- NT - Ninja Turtles (ages 3 - 5)
- W - Weapons class
- S - Sparring class
- BB - Black Belt class (open to Blue Belts and higher)

- # - except the 2nd Thursday each month
- T - Testing on first Saturday each month, no other classes this day