

A classes=Sparring, Self defense

B Classes Form, Techniques

Board Breaking days =10th, 20th, 30th

May is Mother Appreciation Month!!! Free Month for Moms!

NEXT TEST DAY. JUNE 1st. Westside

Staff training Fridays-Instructors and Admin 10, 17, 31

PAIK'S MARTIAL ARTS

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	mon	tues	wed	thur	fri	sat
	A Classes	A Classes	B Classes	B Classes	A and/or B Classes	
TOTS	4:30-5:00		4:30-5:00			10:00-10:30
Beginner	5:15-6:00	7:30-8:15	5:30-6:15	6:30-7:15		10:30-11:15
Colorbelts	5:15-6:00	5:45-6:30	6:15-7:00	5:45-6:30		11:15-12:00
Family Class		6:45-7:30	5:30-6:15			12:00-12:45
GIRLS Only					5:15-6:00	
Adults (16+)		6:45-7:30		7:15-8:00		
Introductory	5:15-5:45	7:30-8:00	5:30-6:00			
BBC - Level 1	6:00-7:00	5:45-6:45	6:15-7:00	5:45-6:30		10:30-11:15
BBC - Level 2	6:00-7:00	5:45-6:45	6:15-7:15	6:30-7:15		11:15-12:00
Masters	7:00-8:00	5:45-6:45	7:15-8:00	6:30-7:15		12:00-12:45