



EVOLUTION TAE KWON-DO CLUB

EVOTKD.COM

TIME	TUESDAY	THURSDAY	FRIDAY	
6:00			<i>All Kids (5-12 yrs) 6:00-7:00pm</i> KICKBOXING <i>Sparring</i>	
6:15	<i>Little Warriors (5-7 yrs) 6:10-6:55pm</i>	<i>Little Warriors (5-7 yrs) 6:10-6:55pm</i>		
6:30	SKILLS & DRILLS <i>Ballance-Observation Memory-Ethics</i>	SKILLS & DRILLS <i>Precision-Speed Technique-Timing</i>		
6:45				
7:00	<i>Dragon Juniors (8-12 yrs) 7:00-8:00pm</i>	<i>Dragon Juniors (8-12 yrs) 7:00-8:00pm</i>		<i>Adults (Min Age 13 yrs) 7:00-8:15pm</i> KICKBOXING <i>Sparring</i> <i>(Evo MA T-Shirt with Training Pants or Shorts)</i>
7:15				
7:30	KICKBOXING & TAE KWON-DO <i>Fitness & Drills</i>	TAE KWON-DO <i>Forms-Defence-Breaking</i>		
7:45	<i>(Evo MA T-Shirt with Training Pants or Shorts)</i>	<i>(Traditional Uniform Evolution Dobok)</i>		
8:00	<i>Adults (Min Age 13 yrs) 8:00-9:00pm</i>	<i>Adults (Min Age 13 yrs) 8:00-9:00pm</i>		
8:15				
8:30	KICKBOXING & TAE KWON-DO <i>Fitness & Drills</i>	TAE KWON-DO <i>Forms-Defence-Breaking</i>		
8:45	<i>(Evo MA T-Shirt with Training Pants or Shorts)</i>	<i>(Traditional Uniform Evolution Dobok)</i>		
9:00				