	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
8:00	B2B Crunch				B2B Crunch				B2B Crunch		9+ workout	
8:30	B2B Strength				B2B Strength				B2B Strength			
9:00	Adult TKD		B2B Morning Power		Adult TKD		B2B Morning Power		Adult SD			B2B Morning Power
9:30				Yoga II								
10:00												
10:30						Tiger Tots						
11:00												
11:30					Yoga Gentle (ends 12:45)							
12:00												
12:30												
1:00						Tiger Tots						
1:30												
4:00	Lil' Dragon		Lil' Dragon	Tiger Tots	Lil' Dragon	Lil' Dragon*	Lil' Dragon	Lil' Dragon*	Beg/Int. TKD	Tiger Tots		
4:30	Big Dragon	Lil' Dragon	Big Dragon	Lil' Dragon	Big Dragon	Lil' Dragon	Big Dragon	Lil' Dragon		Open Mat		
5:00	Beg. 9+ TKD (ends 5:45)	Big Dragon	Beg. 9+ TKD (ends 5:45)	Big Dragon	Beg. 9+ TKD (ends 5:45)	Big Dragon	Beg. 9+ TKD (ends 5:45)	Big Dragon				
5:30		Yoga I (5:45-6:45)				Yoga I/II			Adv TKD	Special Needs		
6:00	Adv SD & Weapons		Int./Adv TKD		Adv SD & Weapons		Int./Adv TKD					
6:30												
7:00	Capoeira	Yoga I/II (7:00-8:15)	Adult TKD	Aikido	Capoeira	Yoga II/III (7:15-8:45)	Adult TKD	Aikido	Aikido / Bokken Workout			
7:30												
8:00												
8:30												