

## BOSTON TKD ACADEMY CLASS SCHEDULE

Session	Monday	Tuesday	Wednesday	Thursday
Adults (All)		Noon - 1 PM		Noon - 1 PM
Lil' Dragons (All)		4 - 4:30 PM		4 - 6 PM
Dragons (Int)	4 - 4:45 PM		4 - 4:45 PM	
Dragons (Nov)		4:30 - 5:15 PM		4:30 - 5:15 PM
Dragons (Adv)	4:45 - 5:30 PM		4:45 - 5:30 PM	
Dragons (Int)		5:15 - 6 PM		5:15 - 6 PM
Lil' Dragons (All)	5:30 - 6 PM		5:30 - 6 PM	
Dragons (Adv)		6 - 6:45 PM		6 - 6:45 PM
Dragons (Nov)	6 - 6:45 PM		6 - 6:45 PM	
Teens			6:45 - 7:45 PM	7 - 8 PM
Kardio Kickbox Aerobics	7 - 8 PM	7 - 8 PM		
Kardio Kickbox Aerobics			8 - 9 PM	
Adults	8 - 9 PM	8 - 9 PM		8 - 9 PM

Session	Saturday
Kardio Kickbox Aerobics	9 - 10 AM
Lil' Dragons (All)	10 - 10:30 AM
Dragons (Nov & Int)	10:30 - 11:15 AM
Dargon (Adv)	11:15 - Noon
Adults/Teens (All)	Noon - 1 PM

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