



KWON'S WELLNESS 2018-2019

| PROGRAM | MON | TUES | WED | THURS | FRI | SAT |
|---|----------------|---------------------|--------------------|----------------------------|--------------------|----------------|
| Tiny Tots 3-4 yrs (30 min) | | 4:30 PM | | 4:30 PM | 4:30 PM | 11:30 AM |
| Little Warriors 5-6 yrs (40 min) | 5:00 PM | 5:00 PM | 5:00 PM | 5:00 PM | 5:00 PM | 10:50 AM |
| SBD White & Orange 7-12 yrs (50 min) | 5:40 PM | 5:40 PM | 5:40 PM | 5:40 PM | 5:40 PM | 10:00 AM |
| SBD Red & Green 7-12 yrs (60 min) | 6:30 PM | <u>6:30 PM</u> | 6:30 PM | <u>6:30 PM</u> | 5:40 PM | 9:00 AM |
| SBD Teen & Adult 13+ yrs (60 min) | <u>7:30 PM</u> | 10:00 AM 7:30 PM | 7:30 PM | 10:00 AM <u>7:30 PM</u> | <u>7:30 PM</u> | <u>9:00 AM</u> |
| Leadership & Conditioning | | 3:30 PM | | 3:30 PM | | |
| SBD Black Belt All Ages | 7:30 PM | | 9:30 AM 7:30 PM | | 9:30 AM 7:30 PM | 7:45 AM |
| SBD Masters | | | 9:30 AM | 12:00 PM | 9:30 AM | 9:00 AM |

Underlined = Black belt candidate classes.

Candidates will be taken aside and review testing material.

