



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	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.

