

Winter 2026



EFFECTIVE: January 2026

IMPROVING THE QUALITY OF LIFE THROUGH MARTIAL ARTS

MONDAY/WEDNESDAY			TUESDAY/THURSDAY		
4.5 - 7 YRS	Kinder Kicks	4:25 - 5:00	4.5 - 7 YRS	Kinder Kicks	4:25 - 5:00
7 - 12 YRS	White - Sr. Yellow	5:00 - 5:50	7 - 12 YRS	White - Sr. Yellow	5:00 - 5:50
7 - 12 YRS	<u>Monday</u> Sr. Blue - Red	5:50 - 6:40	7 - 12 YRS	Green - Blue	5:50 - 6:40
All Ages All Belts	<u>Wednesday</u> Family Class	5:50 - 6:40	12 - ADULT	Sr. Red - Black	6:40 - 7:30
Comp Team	Green - Black	6:40 - 8:00	12 - ADULT	White - Sr. Blue	7:30 - 8:20
FRIDAY CLASSES			Krav Maga / Self Defense Classes		
Green-Red	Junior BBC	4:00 - 5:00	<p>Friday - 7:00-8:30 Offered Seasonally Spring /// Fall</p>		
Online sign-up	Private Lessons (30 Minute Intervals)	5:00 - 6:00			
Red-Black	Senior BBC	6:00 - 7:00			



OWNER/LEAD INSTRUCTOR
MR. BOWMAN

STAFF TAEKWONDO
MR. REITZEL

INSTRUCTORS
MS. PITTAWAY
MS. SCHMIDT
Benjamin Nguyen
James Newton

COURTESY • INTEGRITY • PERSEVERANCE • SELF-CONTROL • INDOMITABLE SPIRIT

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