

May 2016

T. KANG TAEKWONDO

ADULT PROGRAM

Tribeca

(212) 219-0043

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SCHOOL CLOSED NO CLASSES	2 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 BEGINNERS 6:15 BLACK BELT 7:30 SPARRING TECHS	3 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 TARGET / KICKING 7:15 TRADITIONAL	4 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 TRADITIONAL 7:15 <u>BODY PUMP</u>	5 12:00 OPEN WORKOUT 12:30 TARGET / KICKING 5:00 OPEN WORKOUT 6:15 SPARRING TECHS 7:15 TRADITIONAL	6 5:00 OPEN WORKOUT 6:15 BAG	7 1:00 REVIEW
8 SCHOOL CLOSED NO CLASSES	9 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 BEGINNERS 6:15 BLACK BELT 7:30 SPARRING TECHS	10 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 TARGET / KICKING 7:15 TRADITIONAL	11 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 TRADITIONAL 7:15 <u>BODY PUMP</u>	12 12:00 OPEN WORKOUT 12:30 TARGET / KICKING 5:00 OPEN WORKOUT 6:15 SPARRING TECHS 7:15 TRADITIONAL	13 5:00 OPEN WORKOUT 6:15 BAG	14 ADULT BLACK BELT TEST 3:30 H. Red - 1st Dan 3 6:00 2nd Dan Rec + Up NO CLASSES
15 SCHOOL CLOSED NO CLASSES	16 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 BEGINNERS 6:15 BLACK BELT 7:30 SPARRING TECHS	17 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 TARGET / KICKING 7:15 TRADITIONAL	18 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 TRADITIONAL 7:15 <u>BODY PUMP</u>	19 12:00 OPEN WORKOUT 12:30 TARGET / KICKING 5:00 OPEN WORKOUT 6:15 SPARRING TECHS 7:15 TRADITIONAL	20 5:00 OPEN WORKOUT 6:15 BAG	21 1:00 REVIEW
22 SCHOOL CLOSED NO CLASSES	23 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 BEGINNERS 6:15 BLACK BELT 7:30 SPARRING TECHS	24 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 TARGET / KICKING 7:15 TRADITIONAL	25 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 TRADITIONAL 7:15 <u>BODY PUMP</u>	26 12:00 OPEN WORKOUT 12:30 TARGET / KICKING 5:00 OPEN WORKOUT 6:15 SPARRING TECHS 7:15 TRADITIONAL	27 5:00 OPEN WORKOUT 6:15 BAG	28 SCHOOL CLOSED NO CLASSES
29 SCHOOL CLOSED NO CLASSES	30 SCHOOL CLOSED NO CLASSES HAPPY MEMORIAL DAY!	31 12:00 OPEN WORKOUT 12:30 TRADITIONAL 5:00 OPEN WORKOUT 6:15 TARGET / KICKING 7:15 TRADITIONAL	REMINDERS BLACK BELT TEST MAY 14 COLOR BELT TEST JUN 8	REMINDERS TRAINING CAMP SEP 3 - 5	TKANGTKD.COM	