

Sacramento Taekwondo Club

MARTIAL ARTS CLASSES

at

NATOMAS RACQUET CLUB

CHILDREN (5-7 years old)

Tuesday & Thursday

3:00 - 3:45pm

Friday Sparring *see below*

YOUTH (8-13 years old)

Tuesday & Thursday

3:45 - 4:45pm

Friday Sparring *see below*

YOUTH & ADULT (14 years old and up)

Tuesday

7:15 - 8:15pm

Thursday

7:30 - 8:30pm

Friday Sparring *see below*

FRIDAY SPARRING

Beginner Level

4:30 - 5:20pm

Intermediate/Advanced Level

6:30 - 7:30pm

Open Practice

7:30 - 8:00pm

FOR MORE INFORMATION, PLEASE CONTACT:

Master Instructor, Barbara Brand

916-419-7785

Sacramentotaekwondo.com

Office Hours: Please call for appointment