

**Sacramento Taekwondo Club**

**MARTIAL ARTS CLASSES**

**at**

**NATOMAS RACQUET CLUB**

**CHILDREN (6-16 years old)**

Monday & Wednesday

4:30 - 5:30pm

Friday Sparring *see below*

**YOUTH & ADULT (17 years old and up)**

Tuesday

7:15 - 8:15pm

Thursday

7:30 - 8:30pm

Friday Sparring *see below*

**FRIDAY SPARRING**

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](http://Sacramentotaekwondo.com)

Office Hours: Please call for appointment