

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

Office Hours: Please call for appointment