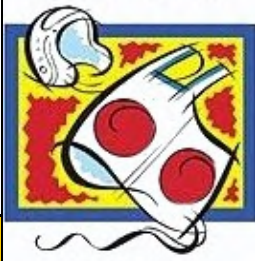




# Bell's Taekwondo/Kettlebell Schedule



**In effect from September 1st until June 30th**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am - 9:45 am						Junior TLCD/BBC (see monthly planner)
10:00 am - 10:45 am						Children's Kyrogi
11:00 am - 12:00 pm						Kettlebell Bootcamp
12:00 pm - 12:45 pm		Adult Lunchtime		Adult Lunchtime Kyrogi		
1:00 pm - 2:00 pm						Birthday Party!
2:00 pm - 3:00 pm						
3:00 pm - 4:00 pm	Private Lessons		Private Lessons			BIRTHDAY
4:00 pm - 5:00 pm						 PARTY
5:30 pm - 5:55 pm	Children Ages 4 - 5		Children Ages 4 - 5			
6:05 pm - 6:45 pm	Children Ages 6 - 9		Children Ages 6 - 9	Kettlebell Bootcamp 6:00 - 7:00	Family Poomse (ages 9 - up) 6:00 pm - 7:30 pm	
7:00 pm - 8:00 pm	Junior/Adult	Kettlebell Bootcamp 6:30 - 7:30	Junior/Adult	Junior/Adult Kyrogi		
8:05 pm - 8:30 pm	Open Training	Kettlebell Sport 7:40 - 8:30	Open Training	7:30 - 8:30		



**"It's Sport Taekwondo.....And Beyond!"**





# Bell's Taekwondo/Kettlebell Schedule



**In effect from July 1st until August 31st**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 pm - 1:00 pm		Adult Lunchtime		Adult Lunchtime		
1:00 pm - 2:00 pm						
2:00 pm - 3:00 pm						
3:00 pm - 4:00 pm						
4:00 pm - 5:00 pm						
5:30 pm - 5:55 pm	Children Ages 4 - 5		Children Ages 4 - 5	Children's Kyrogi 5:30 - 6:15		
6:05 pm - 6:45 pm	Children Ages 6 - 9		Children Ages 6 - 9	Kettlebell Bootcamp 6:20 - 7:20		
7:00 pm - 8:00 pm	Junior/Adult	Kettlebell Bootcamp 6:30 - 7:30	Junior/Adult	Junior/Adult Kyrogi		
8:05 pm - 8:30 pm	Open Training	Kettlebell Sport 7:40 - 8:30	Open Training	7:30 - 8:30		



***"It's Sport Taekwondo.....And Beyond!"***

