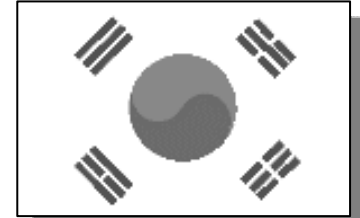




The Family Fitness Center
BRUNSWICK LEE'S TAE KWON DO ACADEMY
 Where Families Grow Strong Together
 1175 HOOSICK ROAD, TROY NY 12180 (518) 279 – 0521



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 – 5:00 ALL DRAGON OPEN	4:30 – 5:00 ALL DRAGON OPEN	4:30 – 5:00 ALL DRAGON OPEN	4:30 – 5:00 ALL DRAGON OPEN	4:30 – 5:00 ALL DRAGON OPEN	10:00 – 10:45 STORM & ADULT OPEN
5:00 – 5:45 KIDS OPEN	5:00 – 5:30 KIDS INTRO	5:00 – 5:45 KIDS OPEN	5:00 – 5:30 KIDS INTRO	5:00 – 5:45 KIDS OPEN	10:45 – 11:30 KIDS OPEN
5:45 – 6:15 KIDS INTRO	5:30 – 6:15 KIDS OPEN	5:45 – 6:30 KIDS BBC	5:30 – 6:15 KIDS OPEN	5:45 – 6:30 STORM & ADULT	11:30 – 12:00 ALL DRAGON OPEN
6:15 – 7:00 STORM 13 - 17	6:15 – 7:00 STORM 13 - 17	6:30 – 7:15 STORM 13 - 17	6:15 – 7:00 STORM 13 - 17	6:30 – 7:30 S.T.C. Special Training Class	
7:00 - 7:30 ADULT INTRO	7:00 – 7:30 ADULT INTRO	7:15 – 8:00 ADULT OPEN	7:00 – 7:30 ADULT INTRO	Attendance: 1. Dragons may attend 3 times a week. 2. Kids and Adult White Uniform may attend 2 times a week. 3. Kids and Adult Blue Uniform & Up may attend everyday. 4. S.T.C. to be announced	
7:30 – 8:30 ADULT OPEN	7:30 – 8:30 ADULT OPEN	8:00 – 9:00 ADULT BBC	7:30 - 8:30 ADULT OPEN		

