

2009 Jacobs Tae Kwon Do

Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:30-8:20		7:00-7:50				
Family Fun Ages 4 to 11 and a guardian Poomsae, Self-Defense, Intro to Taekwondo		Family Fun Ages 4 to 11 and a guardian Poomsae, Self-Defense, Intro to Taekwondo			11:00-1:00 Private Lessons	3:10-4:30 12 & Up Grappling At Master Hosel's
8:20-9:30 Adult 12 & Up All belts Technical Training	8:00-10:00 Private Lessons	8:00-9:30 12 & Up All belts Poomsae & Self-Defense				

Private lessons and birthday party bookings by appointment only. Cancellations only with 24 hour notice.