

J.P.Wood Martial Arts America  
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## 2009 Schedule Begins March 06, 2009

Class	Mon	Tue	Wed	Thu	Fri	Sat
Taekwondo Youth & family 1 <sup>st</sup> Grade & up	5-6pm 6-7pm	5-6pm 6-7pm  Summer 9:30- 10:30am	5-6pm 6-7pm	5-6pm 6-7pm  Summer 9:30-10:30am	5-6pm ---- 6-7 pm Jr. spar class	9:30 -10:30 am
Flying Dragons Pre-school & Kindergarten		6-6:50pm		6-6:50 pm	5-5:50pm	9:30-10:20 am
Adult and Teen Taekwondo Age 13 & up		7-8 pm 8-8:30 pm Adult Spar		7-8pm		10:30-11:30 am
Koryo Gumdo Youth and Adult Age 8 and up	7-8 pm		7-8 pm	Summer 10:30-11:30am	7-8 pm	11:30 -12:30 am to pm
Free Private Lessons All students By appointment	Taekwondo 5:45 pm 7:00 pm 7:15 pm		Taekwondo 6:00 pm 6:15 pm 6:30 pm 6:45 pm	Taekwondo 5:00 pm 5:15 pm 5:30 pm 5:45 pm	Gumdo 6:30 pm 6:45pm	
Specialty Classes and Events	Martial Arts Workout 8 -9 pm		Gold Team Mtg. 2 <sup>nd</sup> Weds of month 6-7pm	Honor Guard 4 <sup>th</sup> Thursday of each month 8:00 - 8:30 pm		Seminars & Events 1-3pm TBA