

LTA 2008 SCHEDULE

Starts October 13th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5:15-6:00 Kids Taekwondo 5-12 yr olds White/Yellow 45 min.</p>	<p>5:15-5:35 Orientation new students only by appointment only 20 min.</p>	<p>5:15-6:00 Kids Taekwondo 5-12 yr olds all ranks 45 min.</p>	<p>5:15-6:00 Kids Taekwondo 5-12 yr. olds all ranks 45 min.</p>	
<p>6:10-7:00 TKD -Kids green & above & Teen/Adults all ranks 50 min.</p>	<p>5:45-7:00 Family Sparring all ages and ranks 75 min.</p>	<p>6:10-7:00 Teen/Adults TKD all ranks 50 min.</p>	<p>6:10-7:00 Teens & Adults TKD all ranks 50 min.</p>	<p>6:20-7:35 Extreme Fitness Training 75 min. (varies)</p>
<p>7:15-8:35 Extreme Fitness Training 75 min. (varies)</p>	<p>7:15-8:35 Extreme Fitness Training 75 min. (varies)</p>	<p>7:15-7:35 Orientation new students only by appointment only 20 min.</p>	<p>7:15-8:35 Extreme Fitness Training 75 min. (varies)</p>	
<p>6:15-7:15 Big Timber TKD all ranks & ages 60 min.</p>		<p>6:15-7:15 Big Timber TKD all ranks & ages 60 min.</p>		

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Livingston Martial Arts Fitness Center

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