

Sacramento Taekwondo Club

MARTIAL ARTS CLASSES FOR CHILDREN

at

CLUB AT NATOMAS PARK

BEGINNER LEVEL (White Belt - Green Belt)

Tuesday & Thursday

5:15 - 6:00pm

Friday Sparring *see below*

INTERMEDIATE/ADVANCED LEVEL (Adv. Green Belt and higher)

Tuesday & Thursday

6:00 - 7:00pm

Friday Sparring *see below*

FRIDAY SPARRING (Held at Natomas Racquet Club)

Beginner Level

4:30 - 5:20pm

Intermediate/Advanced Level

6:30 - 7:30pm

Open Practice

7:30 - 8:00pm

FOR MORE INFORMATION, PLEASE CONTACT:

Master Instructor, Barbara Brand

916-419-7785

Sacramentotaekwondo.com

Office Hour: Please call for appointment