

# Sacramento Taekwondo Club

## MARTIAL ARTS CLASSES at LAGUNA CREEK RACQUET CLUB

### CHILDREN (6-9 years old)

Monday & Wednesday

3:45 - 4:30pm

Friday Sparring *see below*

### YOUTH (10 and up)

Monday & Wednesday

4:30 - 5:30pm

Friday Sparring *see below*

### FRIDAY SPARRING

All ages (Yellow belt and above)

6:45 - 7:45pm

Open Practice

7:45 - 8:15pm

## FOR MORE INFORMATION, PLEASE CONTACT:

Master Instructor, Barbara Brand

916-419-7785

[Sacramentotaekwondo.com](http://Sacramentotaekwondo.com)

Office Hours: Please call for appointment