

# South Riding - Winter 2018-2019 Class Schedule

Schedule effective on 11/12/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>EasyTrial KickStart</b> Please schedule at the Front Desk					5:15 - 5:45 PM (Tigers) 5:45 - 6:15 PM (Traditional TKD)		
<b>TopKick Tigers</b> All Belts (4,5,6 years old)	4:55-5:30 PM (1) 5:35-6:10 PM (1)	5:40-6:15 PM (1)	4:55-5:30 PM (1) 5:35-6:10 PM (1)	5:40-6:15 PM (1)		8:50-9:25 AM (1)	
<b>Children</b> All Belts (ages 7 & up)		4:55-5:40 PM (2)		4:55-5:40 PM (2)			
<b>Children &amp; Family</b> All Belts (ages 7 & up)	5:35-6:20 PM (2) 7:15-8:00 (1)	5:45-6:30 PM (2) 6:25-7:10 PM (1)	5:35-6:20 PM (2) 7:15-8:00 PM (1)	5:45-6:30 PM (2) 6:25-7:10 PM (1)		8:00-8:45 AM (1)	
<b>Children &amp; Family</b> Green-Black Belt ONLY (ages 7 & up)	6:25-7:10 PM (1)		6:25-7:10 PM (1)				
<b>Adult &amp; Teen</b> All Belts		7:15-8:00 PM (1)		7:15-8:00 PM (1)			
<b>Black Belt Prep</b> Red/Red Stripes & 11th Levels					7:00-8:00 PM (2)		
<b>TKFit Class Types</b>	KICKBOXING	STRENGTH	KICKBOXING	STRENGTH	KICKBOXING	STRENGTH (8 AM) Kickboxing (7 AM)	KICKBOXING
<b>TKFit Class Times</b> (ages 13 & up)	5:35, 8:15, 9:30 AM 6:30, 7:20, 8:15 PM	5:35 AM 8:15 AM 7:15 PM	5:35, 8:15, 9:30 AM 6:30, 7:20, 8:15 PM	5:35 AM 8:15 AM 7:15 PM	5:35 AM 8:15 AM 7:15 PM	7:00 & 8:00 AM	8:00 AM

**DOWNLOAD OUR FREE TopKick App from iTunes or Google Play for this Schedule, Curriculum Videos and more!**  
**Studio Code is 7033278030**