

Seattle Taekwondo Academy LLC | Schedule

NORMANDY PARK RECREATION CENTER GYM
801 SW 174th ST
NORMANDY PARK, WA 98166

MASTER INSTRUCTORS: SCOTT CRAIG & SUSAN McCall
WWW.SEATTLETAEKWONDOACADEMY.COM
PHONE 206-444-9473

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
PRIVATE LESSONS MORNING	WOMEN'S KICKBOXING CORE 9:30 - 10:30 AM Studio	PRIVATE LESSONS MORNING	WOMEN'S KICKBOXING CORE 9:30 - 10:30 AM Studio
PRIVATE LESSONS AFTERNOON	PRIVATE LESSONS AFTERNOON	PRIVATE LESSONS AFTERNOON	PRIVATE LESSONS 4 - 4:50
FORMS KICKING JUNIORS AGES 6-10 5 - 5:50 Gym	SELF-DEFENSE FITNESS TINY TIGERS AGES 4-5 5- 5:30 JUNIORS AGES 6-10 5- 5:50 Gym	SPARRING KICKING JUNIORS AGES 6-10 5 - 5:50 Gym	PRIVATE LESSONS 5 - 5:50
FORMS KICKING JUNIORS AGE 11 - Adults 6 - 6:50 Gym	SELF-DEFENSE FITNESS JUNIORS AGE 11 - Adults 6 - 6:50 Gym	SPARRING KICKING JUNIORS AGE 11 - Adults 6 - 6:50 Gym	PRIVATE LESSONS 6 - 6:50