

STRIVING FOR AND COMMITTED TO EXCELLENCE

**TDS**

**FAMILY MARTIAL ARTS AND FITNESS CENTERS**

**“The Rewards Last A Lifetime”**

32701 John R Road Madison Heights, MI 48071 248-933-5979 www.tdsfma.com

**Class Schedule**

<b>Class</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Dragons - Ages 4 - 7</b>	5:30 - 6:00 pm	6:30 - 7:00 pm	5:30 - 6:00 pm	6:30 - 7:00 pm		12:30 - 1:00 pm	
<b>Tang Soo Do</b>	White - Orange Belts 6:00 - 6:45 pm	White - Black Belts 5:45 - 6:30 pm	White - Orange Belts 6:00 - 6:45 pm	White - Black Belts 5:45 - 6:30 pm		White - Black Belts 11:30 am - 12:15 pm	
	Open floor time 6:45 - 7:00 pm		Open floor time 6:45 - 7:00 pm	Open floor time 7:00 - 7:30 pm		BBC-Forms Class 9:30 - 10:30 am	
	Orange - Black Belts 7:00 - 8:00 pm		Orange - Black Belts 7:00 - 8:00 pm	Orange - Black Belts 7:30 - 8:30 pm	BBC-Weapons 7:00 - 8:00 pm	Black Belt Class 10:30 - 11:30 am 1st Sat of month	
<b>Cardio Kickboxing</b>	8:10 - 9:00 pm	Resistance - Bands 7:15 - 8:15 pm	8:10 - 9:00 pm		6:00-6:50 pm	All In One Fitness 8:00-9:20 am	