

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

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shanti Yoga		4:30 - 5:30 pm		4:30 - 5:30 pm		1:00 - 2:30 pm	
Dragons - Ages 4 - 7	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	
Tang Soo Do	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			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 6:30 - 7:30 pm		Black Belt Class 10:30 - 11:30 am 1st Sat of month	
Self Defense				7:30 - 8:30 pm			
Cardio Kickboxing	8:10 - 9:00 pm	Resistance Bands 7:15 - 8:15 pm	8:10 - 9:00 pm		6:00-6:50 pm	Resistance Bands 8:00-9:20 am	