

STRIVING FOR AND COMMITTED TO EXCELLENCE

TDS

FAMILY MARTIAL ARTS AND FITNESS CENTERS

“The Rewards Last A Lifetime”

33144 Ryan Road Sterling Heights, MI 48310 (586) 446-0988 www.tdsfma.com

Class Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dragons - Ages 4 - 7	5:30 - 6:00 pm	6:20 - 6:50 pm	5:30 - 6:00 pm	6:20 - 6:50 pm		12:30 - 1:00 pm
Tang Soo Do	White - Orange Belts 6:00 - 6:45 pm	White - Orange Belts 5:30 - 6:15 pm	White-Orange Belts 6:00 - 6:45 pm	White - Orange Belts 5:30 - 6:15 pm		White - Black Belts 11:30 am - 12:15 pm
	Orange - Black Belts 7:15 - 8:15 pm		Orange - Black Belts 7:15 - 8:15 pm	Orange - Black Ages 13+ 8:00 - 9:00 pm		BBC-Forms Class 9:30 - 10:30 am
					BBC-Weapons 7:00 - 8:00 pm	Black Belt Class 10:30 - 11:30 am 3rd Sat of month
Modern Arnis		7:00 - 8:15 pm			8:00 - 9:15 pm	2nd & 4th Sat 1:00 - 3:00 pm
Cardio Kickboxing	8:30 - 9:20 pm	Resistance - Bands 8:20 - 9:20 pm	8:30 - 9:20 pm		6:00-6:50 pm	All In One Fitness 8:00-9:20 am