

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
Dragons - Ages 4 - 7	5:45 - 6:15 pm	6:30 - 7:00 pm	5:45 - 6:15 pm	6:30 - 7:00 pm		12:30 - 1:00 pm
Tang Soo Do	White - Orange Belts 6:15 - 7:00 pm		White - Orange Belts 6:15 - 7:00 pm	White - Black Belts 5:45 - 6:30 pm		White - Black Belts 11:30 am - 12:15 pm
	Open floor time 6:00 - 7:00 pm	Open floor time 6:00 - 7:00 pm	Open floor time 6:00 - 7:00 pm	Open floor time 6:00 - 7:00 pm		<u>BBC</u> -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 7:00 - 8:00 pm			Black Belt Class-1st Sat 10:30 - 11:30 am BBC-Weapons Remaining Sat of month Sept 17 thru May
Cardio Kickboxing	8:10 - 9:00 pm	Resistance Bands 7:15 - 8:15 pm	8:10 - 9:00 pm		6:00 - 6:50 pm	
ZUMBA® Fitness		5:30 - 6:30 pm		7:10 - 8:10 pm		8:15 - 9:15 am