



CHICAGO MARTIAL ARTS / GRACIE BRAZILIAN JIU-JITSU

CLASS SCHEDULE WWW.CMATKD.COM 847-564-0200



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
YOUTH PROGRAMS						
LITTLE NINJA - 3-6 yr old						10:30 AM - 11:00 AM
	4:45 PM - 5:15 PM	4:45 PM - 5:15 PM	4:45 PM - 5:15 PM	4:45 PM - 5:15 PM		
TAEKWONDO / 6-9 yr old <i>White belt - Black belts</i>						11:00 AM - 11:45 AM
	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	
TAEKWONDO / 10-13 yr old <i>White belt - Black belts</i>					5:15 PM - 6:00 PM	11:00 AM - 11:45 AM
	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM		
ADULT / TEEN PROGRAMS						
TAEKWONDO / 13 - Adults <i>WHITE - Black belts</i>						11:00 AM - 11:45 AM
	6:45 PM - 7:30 PM	6:45 PM - 7:30 PM	6:45 PM - 7:30 PM	6:45 PM - 7:30 PM	5:15 PM - 6:00 PM	
GRACIE BRAZILIAN JIU-JITSU						10:00 AM - 11:00 AM SAT
	7:30 PM - 8:30 PM					10:00 AM - 11:00 AM - SUN
	8:30 PM - 9:30 PM Rdojo	8:00 PM - 10:00 PM		8:00 PM - 10:00 PM		11:00 AM - 1:00 PM - SUN