

**Lott's Tae Kwon Do**  
**Class Schedule**

<u>Day</u>	<u>Time</u>	<u>Ages</u>
Monday	3:00pm-5:00pm	After School Class **
	5:00pm-5:55pm	Kickboxing/Fitness
	6:00pm-6:55pm	All Beginning
	7:00pm-7:55pm	All Intermediate
	8:00pm-8:55pm	Adult All Belts
Tuesday & Thursday	3:00pm-5:00pm	After School Class **
	5:00pm-5:55pm	06-up All Belts
	6:00pm-6:55pm	13-up All Belts
	7:00pm-7:55pm	13-up All Belts
	8:00pm-8:55pm	Adult All Belts
Wednesday	3:00pm-5:00pm	After School Class **
	5:00pm-5:55pm	Kickboxing/Fitness
	6:00pm-6:55pm	All Beginning
	7:00pm-7:55pm	All Intermediate
	8:00pm-8:55pm	Adult All Belts
Friday	3:00pm-5:00pm	After School Class **

Friday Night Fights will be held the first FRIDAY of every month  
at 6:30pm

**-We will observe the same holidays as Livingston Parish School system unless otherwise noted by instructor.**

**\*\* -Must be 8 years old or older to be in after school program**