





KOMODO TRAINING CENTER

WEEKLY CLASS SCHEDULE

TAEKWONDO - MMA - MUAY THAI - FITNESS - KIDS - TEENS - ADULTS - PERSONAL TRAINING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 PM - 5:45 PM		PEE -WEE TKD 4 - 7 YEARS OLD	PEE- WEE TKD 4 - 7 YEARS OLD	PEE-WEE TKD 4 - 7 YEARS OLD	
5:00 PM - 5:45 PM		KIDS TKD 8 - 12 YEARS OLD	KIDS TKD 8 - 12 YEARS OLD	KIDS TKD 8 - 12 YEARS OLD	
6:00 PM - 7:00 PM	BODY X CT (CROSS TRAINING BOOTCAMP)	BODY X CT (CROSS TRAINING BOOTCAMP)	BODY X CT RUNNING W/ KOMODO RUNNING CLUB	BODY X CT (CROSS TRAINING BOOTCAMP)	BODY X CT (CROSS TRAINING BOOTCAMP)
6:00 PM - 7:00 PM	TEENS & ADULT TAEKWON-DO	KOMODO RUNNING CLUB	TEENS & ADULT SELF DEFENSE/DRILLS	KOMODO RUNNING CLUB	TEEN & ADULT TAEKWON-DO FORMS
6:00 PM - 7:00 PM	BOXING				BOXING
7:00 PM - 8:00 PM	ADULT TKD MIX	ADULT TKD DRILLS + TRICKING	OPEN SPARRING 	ADULT TKD SELF DEFENSE	TAEKWON- DO SPARRING
8:00 PM -9:00 PM	KOMODO FIGHT TEAM FIGHT IQ	NOGI BJJ SUBMISSION GRAPPLING	KOMODO FIGHT TEAM FIGHT IQ	NOGI BJJ SUBMISSION GRAPPLING	OPEN MAT 



IG: @KOMODO_TRAININGCENTER

SATURDAY CLASSES ARE AVAILABLE BY APPOINTMENT OR INVITE ONLY