



MUDO ACADEMY

OF MARTIAL ARTS AND FITNESS SCHEDULE 2023

TIME	MON	TUES	WED	THU	FRI	TIME	SAT
6:30AM		TK BOXING	TK BOXING	TK BOXING	TK BOXING		
7:30AM		FITNESS	FITNESS	FITNESS	FITNESS		
7:45AM		TK BOXING	TK BOXING	TK BOXING	TK BOXING		
8:45AM		FITNESS	FITNESS	FITNESS	FITNESS		
9:00 AM		TK BOXING	TK BOXING	TK BOXING	TK BOXING	9:00 AM	JUDO (6 TO 8)
10:00 AM		FITNESS	FITNESS	FITNESS	FITNESS	10:00 AM	
10:15AM		TK BOXING	TK BOXING	TK BOXING	TK BOXING	10:05 AM	JUDO (9 TO 12)
11:15AM		FITNESS	FITNESS	FITNESS	FITNESS	11:35 AM	
						11:40 AM	JUDO (13 Plus)
						1:10 PM	
3:15 PM	TINY TIGERS	TKD (6 TO 8)	TKD (6 TO 8)	TKD (6 TO 8)	TINY TIGERS	1:30 PM	TINY TIGERS (3 TO 5)
4:15 PM	(3 TO 5) 3:30-4:15pm					3:30-4:15pm	
4:20 PM	TKD (6 TO 8)	TKD (6 TO 8)	TKD (9 TO 11)	TKD (6 TO 8)	TKD (6 TO 8)	2:20 PM	TKD (6 TO 11)
5:20 PM	Intermediate	Intermediate	Intermediate	Intermediate	Intermediate	3:20 PM	
5:25 PM	TKD (9 TO 11)	TKD (9 TO 11)	JUDO (6 TO 8)	TKD (9 TO 11)	TKD (9 TO 11)	3:25 PM	TAEKWONDO (12 PLUS)
6:25 PM						4:25 PM	
6:30 PM	TAEKWONDO	TAEKWONDO	JUDO (9 TO 12)	TAEKWONDO	TAEKWONDO	4:30 PM	TAEKWONDO Olympic Competition
7:30 PM	(ALL AGES)	(ALL AGES)	6:30pm-8:00pm	(ALL AGES)	(ALL AGES)	6:00 PM	
7:35 PM	TKD (9 PLUS)	TAEKWONDO	JUDO (13 Plus)	TAEKWONDO	TAEKWONDO		
8:35 PM	Advanced_Blue & up	(12 PLUS)	8:00pm-9:30pm	(12 PLUS)	(12 PLUS)		

1. Mudo Academy reserves the right to change the schedules as it sees fit.
2. Age groups are suggestions only. The Head Master may accept students into a class with different age than written here.
3. ** TAEKWONDO Olympic Competition class (1.5 hours) - MASTER'S APPROVAL REQUIRED