 **HILLSBOROUGH**

*(Effective as of July 1, 2019) Questions? Call 908-336-8409*

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 4:15 – 5:00  Green – Sr. Blue  *Juniors* | 3:30 – 4:30  Office Hours | Private Lessons | 12:00 – 12:45  All Ranks  *Teens & Adults* | Private Lessons | 8:30 – 9:15  **MMA**  *Teens/Adults* |
| 5:15 – 5:45  *Little Kickers* | 4:45 – 5:30  White – Sr. Yellow  *Juniors* | 4:15 – 5:00  Green – Sr. Blue  *Juniors* | 4:30 – 5:00  *Little Kickers* | 4:00 – 4:45  White – Sr. Yellow  *Juniors* | 9:15 – 10:00  All Ranks  *Teens & Adults* |
| 5:00 – 5:45  **MMA**  *Juniors* | 4:45 – 5:15  *Little Kickers* | 5:00 – 5:45  **MMA**  *Juniors* | 5:00 – 5:45  White – Sr. Yellow  *Juniors* | 4:45 – 5:30  Green & Above  *Juniors* | 10:00 – 10:45  Brown & Above  *Juniors* |
| 5:45 – 6:30  Brown & Above  *Juniors* | 5:30 – 6:15  Green & Above  *Juniors* | 5:45 – 6:30  Brown - Red  *Juniors* | 5:45 – 6:30  Brown & Above  *Juniors* | 5:30 – 6:15  **MMA**  *Juniors* | 10:45 – 11:30  Green – Sr. Blue  *Juniors* |
| 6:30 – 7:15  White – Sr. Yellow  *Juniors* | 6:15 – 7:15  All Ranks  *Teens & Adults* | 6:30 – 7:15  White – Sr. Yellow  *Juniors* | 6:30 – 7:15  Green – Sr. Blue  *Juniors* | 6:15 – 6:45  Sport Karate | 11:30 – 12:15  White – Sr. Yellow  *Juniors* |
| 7:15 – 8:15  All Ranks  *Teens & Adults* | 7:15 – 8:15  **MMA**  *Teens/Adults* | 7:15 – 7:45  Sr. Red & Black Belts | 7:15 – 8:15  **MMA**  *Teens/Adults* | 6:45 – 7:45  All Ranks  *Teens & Adults* | 12:15 – 12:45  *Little Kickers* |
| Private Lessons | Private Lessons | 7:45 – 8:30  All Ranks  *Teens & Adults* | 8:15 – 9:00  All Ranks  *Teens & Adults* | Private Lessons | Birthday Parties 1:00 – 2:30  $220, *all inclusive*! |

\***MMA** is not included in regular TKD membership. See instructor for pricing and details. For holidays, weather closings, and special events check our website: kicksidema.com