



LEGEND	STUDENT CLASSES VIA TUITION	PUBLIC/PRIVATE EVENTS VIA REGISTRATION	CLOSED (ALSO CHECK FOR HOLIDAYS)
--------	--------------------------------	----------------------------------------------	----------------------------------------

DAY & TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
8–8:50 AM	Public/Private Events	Public/Private Events	Closed	Public/Private Events	Closed
9–9:50 AM	Public/Private Events	Public/Private Events	<b>Mighty Tigers: Liberated Kids</b>	Public/Private Events	<b>Mighty Tigers</b>
10–10:50 AM	Public/Private Events	Public/Private Events	Closed	Public/Private Events	<b>Taekwondo I-II</b>
11 AM – 12 PM	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events	<b>Taekwondo II-III</b>
12–1 PM	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events	<b>Hapkido I-III</b>
1–2 PM	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events
2–3 PM	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events	Public/Private Events
3–3:50 PM	Closed	Closed	Closed	Closed	Public/Private Events
4–4:50 PM	Closed	Closed	Closed	Closed	Public/Private Events
5–5:50 PM	<b>Mighty Tigers &amp; Taekwondo I-II</b>	Public/Private Events	<b>Mighty Tigers &amp; Taekwondo I-II</b>	Public/Private Events	Public/Private Events
6–6:50 PM	<b>Taekwondo II-III</b>	<b>Five Realms I-II</b>	<b>Taekwondo II-III</b>	Public/Private Events	Public/Private Events
7–7:50 PM	<b>Hapkido I-II</b>	<b>Five Realms II-III</b>	<b>Hapkido II-III</b>	Public/Private Events	Public/Private Events



## CLASS DESCRIPTIONS

**Cardio Arts (CA/15+):** Enjoy a full body workout that employs both cardiovascular and strength training. Practice to upbeat music in comfortable clothes.

**Five Realms (FRL/15+):** Explore the connections and flow between your body, mind and spirit with Five Realms Meditative Movement. Exercises are appropriate for people of differing abilities.

**Hapkido (HKD/9+):** Hapkido employs circular empty-hand techniques—particularly joint locks. Practice drills, self-defense, sparring, throws, breaking and weapons.

**Meditation for Health (MDT/9+):** Meditation for Health secular (non-religious) silent meditation sessions focus on increasing physical mindfulness, mental awareness, and spiritual wisdom. Students practice meditation in a variety of postures and situations to ultimately help us make better life choices.

**Mighty Tigers (MT):** Young children experience a developmentally appropriate and fantastically fun curriculum based on safety, health, wisdom and the joy of movement through Animal Exercises.  
• **School Programs (Grades K–5):** Homeschooled children can practice traditional martial arts.

**Taekwondo (TKD/9+):** Taekwondo uses linear empty-hand self-defense techniques—particularly devastating kicks. Practice drills, forms, self-defense, sparring and breaking.

**Level I–II:** White–Blue Belts can attend 5–6 PM Monday/Wednesday or Tuesday/Thursday.

**Level II–III:** Brown–Black Belts can attend 6–7 PM Monday/Wednesday.

**Public/Private Events:** Check the monthly AMAFA Calendar for special events, seminars, workshops in Cardio Arts, Five Realms Meditative Movement, Hapkido, Meditation, Mighty Tigers, and Taekwondo. Public/Private events are subject to individual registrations outside of tuition.

**Group Parties:** Schedule a martial arts-themed birthday party or corporate event.

**Private Lessons:** Check the AMAFA to request a series of private lessons to enhance your training.

**Personal Power: Modern Self-Defense:** Sign up for public self-defense classes, or arrange private sessions for your group.