

Bangor Y Health & Fitness Martial Arts Class Schedule

Second Street Studio

	Mon	Tue	Wed	Thur	Fri	Sat
10:00 am						Karate <i>Beg/Int</i>
4:15-4:45 pm				TKD <i>KickStart</i>		
4:50-5:40 pm		TKD <i>Beginner</i>		TKD <i>Beginner</i>		
5:00-5:45 pm			TKD <i>Sparring</i>			
5:45- 6:45pm		TKD <i>Intermediate</i>		TKD <i>Intermediate</i>		
6:00-6:45 pm			TKD Advanced			
7-8:30	TKD <i>Adult</i> 14+	Aikido 18+	TKD <i>Adult</i> 14+	TKD <i>Advanced</i> 1 hr class	TKD <i>Adult</i> 14+	

Viner Room/Hammond Street

	Mon	Tue	Wed	Thur	Fri	Sat
10-11:30 am						Kempo
6:40- 8:10pm	Kempo					
7-8:30 pm					Kempo	