


















Oceanside Ultimate Champion's Tae Kwon Do

3110 Long Beach Rd, Oceanside NY, 11572

(516) 825-5425

LIFEFIT KICKBOXING

1 hour of punching, kicking, sweating, cardio & fun!
COME IN FOR A FREE TRIAL CLASS TODAY!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	PRIVATE LESSON	8:30AM – 9:15AM LIFEFIT KICKBOXING
					9:15AM – 10:00AM TEENS & ADULTS
4:00PM – 4:30PM  ALL BELTS LITTLE TIGERS	4:15PM – 5:00PM WHITE to GREEN TIP	4:00PM – 4:30PM  NO BELT – WHITE/ORANGE	4:00PM – 4:30PM  NO BELT – WHITE/ORANGE	4:00PM – 4:30PM  NO BELT – WHITE/ORANGE	10:00AM – 10:30AM  BLACK BELT
4:45PM – 5:30PM WHITE to GREEN TIP	5:00PM – 5:30PM SPECIAL NEEDS	4:30PM – 5:00PM  ELITE LITTLE TIGERS	4:30PM – 5:00PM  ELITE LITTLE TIGERS	4:30PM – 5:00PM  ELITE LITTLE TIGERS	10:30AM – 11:00AM  NO BELT – WHITE/ORANGE
5:30PM – 6:15PM BLUE to BLACK	5:30PM – 6:15PM BLUE to BLACK	5:00PM – 5:45PM BLUE to BLACK	5:00PM – 5:45PM WHITE to GREEN TIP	5:00PM – 5:45PM WHITE to GREEN TIP	11:00AM – 11:30AM  ELITE LITTLE TIGERS
6:15PM – 6:45PM BBC & LEADERSHIP	6:15PM – 6:45PM  ALL BELTS LITTLE TIGERS	5:45PM – 6:30PM BBC	5:45PM – 6:30PM BLUE to BLACK	5:45PM – 6:30PM BLUE to BLACK	11:30PM – 12:15PM ALL BELTS
6:45PM – 7:15PM  BLACK BELT	6:45PM – 7:15PM BREAKING/ DEMO	6:30PM – 7:15PM WHITE to GREEN TIP	6:30PM – 7:00PM  BLACK BELT	6:30PM – 7:15PM BBC	
7:15PM – 8:00PM TEENS & ADULTS	7:15PM – 8:00PM LIFEFIT KICKBOXING	7:15PM – 8:00PM TEENS & ADULTS	 Follow us on Instagram @championstkdcoastside		

www.OceansideTKD.com

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