



SCHEDULE

440-781-3444

Monday:	5:30 – 6:15 pm	Youth Combat TKD/JUDO/Self Defense
	6:15 – 7:00 pm	Junior & Senior Combat TKD/JUDO/Self Defense
Tuesday:	5:00 – 6:00 pm	Junior JUDO
	6:00 – 7:30 pm	Senior JUDO
Wednesday:	5:30 – 6:15 pm	Youth Combat TKD/JUDO/Self Defense
	6:15 – 7:00 pm	Junior & Senior Combat TKD/JUDO/Self Defense
Thursday:	5:00 – 6:00 pm	Junior JUDO
	6:00 – 7:30 pm	Senior JUDO
Saturday:	10:30 – 11:40 am	Junior & Senior JUDO – <i>Senior TKD Students participation is encouraged.</i>
	11:45 – 12:30 pm	Youth & Junior TKD/JUDO Team Building & Conditioning

Note:

Please arrive in a clean uniform and no earlier than 15 minutes before class starts.

MAXOUT SPORTS IS CLOSED ON MAJOR HOLIDAYS AND HAZARDOUS WEATHER CONDITIONS. IF YOU HAVE ANY SCHEDULING QUESTIONS CALL 440-781-3444.

YOUR #1 CHOICE FOR MARTIAL ARTS AND FITNESS TRAINING

23860 MILES ROAD, BEDFORD HEIGHTS, OHIO 44128