



Eastern Shore Tang Soo Do

Fall/Winter Schedule: September 2017 - December 2017



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Class	12:30 - 2:00 Mid-Day Workout Challenge		2:00—3:00 pm Open Mat		12:30 - 2:00 Mid-Day Workout Challenge	
		4:45 - 5:10 pm Tiny Tigers	5:15 - 5:40 pm Tiny Tigers	4:45 - 5:10 pm Tiny Tigers		10:30 - 12:00 noon Family - All Ages/ Ranks
	5:15 - 6:15 pm Youth	5:15 - 6:15 pm Youth	5:15 - 6:15 pm Youth	5:15 - 6:15 pm Youth		
	6:30 - 7:30 pm Family - All Ages/ Ranks	6:30 - 7:30 pm Family - All Ages/ Ranks	6:30 - 7:30 pm Family - All Ages/ Ranks	6:30 - 7:30 pm Family - All Ages/ Ranks	5:30 - 7:00 pm Family - All Ages/Ranks	Clinics & Special Classes ONLY as announced
	7:30 - 8:30 pm Teen/ Adult	7:30 - 8:30 pm Teen/ Adult	7:30 - 8:30 pm Teen/ Adult	7:30 - 8:30 pm Teen/ Adult	Clinics & Special Classes ONLY as announced	

Training Body, Mind and Spirit



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410-708-9944

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Program Descriptions

Tiny Tigers – Ages 3-6 years

Meets: every Tues/Wed/Thur, 25-minute class
Very kid friendly, fun environment, the kids learn through games, animal movements and play.

Youth Program – Ages 6-12

Meets: every Mon thru Thur, 60-minute class
A little more traditional, not so many games and animal references, but still a fun class, with the right touch of discipline, respect and structure.

Family Program – Ages 6 and up

Meets: every Mon thru Thur, 60-minute class
Every Friday and Saturday 90-minute class
Much more traditional, great physical challenge with a fun family environment

Teen/Adult Program - Ages 13 and up, and all Black Belts

Meets: every Mon thru Thur, 60-minute class
Very traditional class, lots of hard work and sweat.

2-Week Trial: \$25.00 for unlimited classes and Free Uniform