

# Southern Tier Martial Arts LLC – Class Schedule

Revised February 2018

## Tang Soo Do

Monday	5:30PM – 6:15PM	Children	White, Yellow, Orange
	6:15PM – 7:00PM	Children,	Green, Red Adult Open class
Wednesday	5:30PM – 6:15PM	Children	Red and Adult Open
	6:15PM – 7:15PM	Children,	Adult II Gups and Black Belt
Thursday	5:30PM – 6:15PM	Children	White, Yellow Orange, Green
Friday	5:30PM – 6:15PM	Children	White, Yellow, Orange, Green
	6:15PM – 7:00PM	Children	Red and Adult Open
Saturday	10:00AM – 10:45AM	Children,	Adult Sparring class, Orange belt and up
	10:45AM – 11:30AM	Children,	Adult Open class

## Haidong Gumdo

Tuesday	6:15PM – 7:15PM	All Geubs
	7:15PM – 8:15PM	Black Belts
Thursday	6:15PM – 7:15PM	All Geubs
	7:15PM – 8:15PM	Black Belts
Saturday	9:00AM – 10:00AM	Open floor – all belts

## Yoga

Wednesday	6:00PM – 7:00PM	Yoga with Jenna, Back room
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### Notes

- All martial art classes on the main floor unless otherwise noted
- The Yoga class is not a STMA class – see Jenna for details
- See the STMA Activities email for planned closings (holidays etc.)
- Keep an eye on Facebook and sign up for text message alerts for last minute changes.